

Wm. BUCHAN, M.D.



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THE

LADIES' LIBRARY;

OR,

Encyclopedia of Female Knowledge,

IN EVERY BRANCH OF DOMESTIC ECONOMY:

COMPREHENDING,

IN ALPHABETICAL ARRANGEMENT,

DISTINCT TREATISES

ON EVERY PRACTICAL SUBJECT,

NECESSARY FOR

Servants and Miſtreſſes of Families.

I. A moſt extenſive SYSTEM of COOKERY.
II. A complete Body of DOMESTIC MEDICINE.
III. The PRESERVATION of BEAUTY, and PREVENTION of DEFORMITY.

IN WHICH IS INCLUDED

A VAST FUND OF MISCELLANEOUS INFORMATION,

Of the higheſt Importance in Domeſtic Life.

IN TWO VOLUMES.

VOL. II.

LONDON:

PRINTED FOR J. RIDGWAY, NO. 1, YORK STREET,

ST. JAMES'S SQUARE.

M.DCC.XC.



THE

LADIES' LIBRARY.

G.

GALLING.

THIS is a complaint to which children are ſubject, and is extremely troubleſome; it chiefly happens about the groin, the wrinkles of the neck, under the arms, behind the ears, and in other parts that are moiſtened by the ſweat or urine. This inconvenience is generally owing to want of cleanlineſs; the moſt effectual means of prevention is therefore to waſh the parts frequently with cold water, or apply a bit of linen rag, dipped therein, changing the linen often, and keeping the child thoroughly clean. When this does not prove ſufficient, the galled parts may be ſprinkled with burnt hartſhorn, tutty, or chalk. Or one of the beſt applications, is to diſſolve ſome fuller's earth in a ſufficient quantity of water, and after it has ſtood till cold, rub it gently upon the galled parts once or twice a day.

GARGLES.

However trifling this claſs of medicine may appear, they are by no means without their uſe. They ſeldom indeed cure diſeaſes, but they often alleviate very diſagreeable ſymptoms, as a parchedneſs of the mouth, foulneſs of the tongue and fauces, &c. They are peculiarly uſeful in fevers and ſore throat; in the latter a gargle will ſometimes remove the diſorder, and in the former, few things are more refreſhing or agreeable to the patient than to have his mouth frequently waſhed with ſome ſoft detergent gargle.

One advantage of theſe medicines is, that they are eaſily prepared. A little barley water and honey may be had any where; and if to theſe be added as much vinegar as will give them an agreeable ſharpneſs, they will make a very uſeful gargle for ſoftening and cleanſing the mouth. Gargles have the beſt effect when injected with a ſyringe.

Attenuating GARGLE. Take of water, ſix ounces; honey, one ounce; nitre, a dram and a half: mix them. This cooling gargle may be uſed either in the inflammatory quinſey, or in fevers, for cleaning the tongue and fauces.

Common GARGLE. Take of roſe water, ſix ounces; ſyrup of clove July flowers half an ounce; ſpirit of vitriol, a ſufficient quantity to give it an agreeable ſharpneſs: mix them. This gargle, beſides cleanſing the tongue and fauces, acts as a gentle repellent and will ſometimes remove a ſlight quinſey.

Detergent GARGLE. Take of the emollient gargle, a pint; tincture of myrrh, an ounce; honey, two ounces.

Mix

Mix them. When exulcerations require to be cleanſed, or the excretion of tough viſcid ſaliva promoted, this gargle will be of ſervice.

Emollient GARGLE. Take an ounce of marſhmallow roots, and two or three figs; boil them in a quart of water till near one half of it be conſumed; then ſtrain out the liquor. If an ounce of honey, and half an ounce of ſpirit of ſal ammoniac, be added to the above, it will then be an exceeding good *attenuating gargle*. This gargle is beneficial in fevers, where the tongue and fauces are rough and parched, to ſoften theſe parts, and to promote the diſcharge of ſaliva.

GARLIC.

This root is much recommended in diſorders of the breaſt and lungs, as promoting expectoration, as alſo in the dropſy; but is ſo very unpleaſant, as to be little uſed unleſs by foreigners, as an ingredient in many of their ſoups.

GIBLETS.---See GOOSE.

GINGER.

This is a very uſeful ſpice in cold windy diſorders, and in laxity of the bowels; it does not heat ſo much as thoſe of the pepper kind, and its effects are more certain, and durable. Candied ginger, which is a pleaſant and uſeful preſerve, is chiefly brought from abroad; a ſyrup is prepared as follows.

Take of beaten ginger, three ounces; boiling water three pints; ſhake them well together during the courſe of twenty-four hours, then ſtrain and add to the liquor ſeven pounds of refined ſugar, and make the whole into a ſyrup.

GOOSE.

Goose *à-la-mode*. Pick a large fine gooſe clean, ſkin and bone it nicely, and take off the fat. Boil a dried tongue, and peel it. Do a fowl in the ſame manner as the gooſe; ſeaſon it with pepper, ſalt, and beaten mace, and roll it round the tongue. Seaſon the gooſe in the ſame manner, and put both tongue and fowl into the gooſe. Put it into a little pot that will juſt hold it, with two quarts of beef gravy, a bundle of ſweet herbs, and an onion. Put ſome ſlices of ham, or good bacon, between the fowl and gooſe, then cover it cloſe, and let it ſtew over the fire for an hour very ſlowly. Then take up your gooſe, and ſkim off all the fat; ſtrain it, and put in a glaſs of red wine, two ſpoonfuls of catchup, a veal ſweetbread cut ſmall, ſome truffles, muſhrooms, and morels, a piece of butter rolled in flour, and, if wanted, ſome pepper and ſalt. Put the gooſe in again, cover it cloſe, and let it ſtew half an hour longer; then take it up, pour the ragoo over it, and garniſh with lemon. You muſt remember to ſave the bones of the gooſe and fowl, and put them into the gravy when it is firſt ſet on. It will be an improvement if you will roll ſome beef marrow between the tongue and the fowl, and between the fowl and gooſe, as it will make them mellow and eat the finer. Before we conclude this article, it may not

be

be amiſs to obſerve, that the beſt method to bone a gooſe or fowl of any ſort is to begin at the breaſt, and take out all the bones without cutting the back; for when it is ſewed up, and you come to ſtew it, it generally burſts in the back, whereby the ſhape of it is ſpoiled.

To marinade a Goose. Bone the gooſe, ſtuff it with force-meat, and fry it of a good brown, then put it into a deep ſtewpan, with two quarts of good gravy, and cover it cloſe, and ſtew it two hours; then take it out, and ſkim off the fat; add a large ſpoonful of lemon-pickle, one of browning, and one of red wine; one anchovy ſhred fine, beaten mace, pepper and ſalt to your palate; thicken it with flour and butter, boil it a little; diſh up your gooſe, and ſtrain your gravy over it.

Make your ſtuffing thus: Take ten or twelve ſage leaves, two large onions, two or three large apples, ſhred very fine, mix them with the crumb of a penny loaf, four ounces of beef marrow, one glaſs of red wine, half a nutmeg grated, pepper, ſalt, and a little lemon-peel ſhred ſmall; make a light ſtuffing with the yolks of four eggs. Obſerve to make it one hour before you want it.

Goose *different ways.* Cut a gooſe into quarters (if the whole is too much for a diſh, uſe only the legs and wings), braze them with ſlices of lard and broth, a glaſs of white wine, a few ſlices of onions and carrots, and all ſuch ſeaſoning as is uſed in other brazes. Being done very tender in this manner, you may ſerve with any ſort of garden-ſtuff ragoos, ſuch as turnips, green peas, ſmall onions, and cucumbers. If legs and wings of geeſe are dreſſed as a hotchpot, they muſt be boiled with all kinds

of

of roots, and a few pieces of pickled pork or bacon without taking off the rind.

To ragoo a Goose. Flat the breaſt down with a cleaver, then preſs it down with your hand, ſkin it, dip it into ſcalding water; let it be cold, lard it with bacon, ſeaſon it with pepper, ſalt, and a little beaten mace; then flour it all over, take a pound of good beef ſuet, cut ſmall, put it into a deep ſtewpan, let it be melted, then put in your gooſe; and brown it on both ſides. When it is brown, put in a quart of boiling gravy, an onion or two, a bundle of ſweet herbs, a bay leaf, ſome whole pepper, and few cloves. Cover it cloſe, and let it ſtew ſoftly till it is tender. About an hour will do if ſmall; if a large one, an hour and an half. In the mean time make a ragoo:--Boil ſome turnips almoſt enough, ſome carrots and onions quite enough; cut your turnips and carrots the ſame as for a harrico of mutton, put them into a ſaucepan with half a pint of good beef gravy, a little pepper and ſalt, a piece of butter rolled in flour, and let this ſtew all together a quarter of an hour. Take the gooſe and drain it well; then lay it in the diſh, and pour the ragoo over it.

Where the onion is diſliked, leave it out. You may add cabbage boiled and chopped ſmall.

To ſmoke a Goose. Take a large ſtubble gooſe, take off all the fat, dry it well inſide and out with a cloth, waſh it all over with vinegar, and then rub it over with ſome common ſalt, ſaltpetre, and a quarter of a pound of coarſe ſugar; rub the ſalt well in, let it lie a fortnight, then drain it well, ſew it up in a cloth, dry it in the middle of a chimney. It ſhould hang a month. Sauce, onions, greens, &c.

To

To ſtew GIBLETS. Scald and clean them well, cut off the bill, divide the head, ſkin the feet, ſtew them with water (enough for ſauce) a ſprig of thyme, ſome whole black pepper, an onion; let them do till very tender, ſtrain the ſauce; add a little catchup and flour, if the ſauce is not thick enough. Lay ſippets toaſted round the diſh.

Another way. Cut your pinions in two, the neck in four pieces, ſlice the gizzard, clean it well, ſtew them in two quarts of water, or mutton broth, with a handful of ſweet herbs, one anchovy, a few pepper corns, three or four cloves, a ſpoonful of catchup, and an onion. When the giblets are tender, put in a ſpoonful of good cream, thicken it with flour and butter, ſerve them up in a ſoup diſh, and lay ſippets round it.

Another way. Let them be nicely ſcalded and picked, cut the pinions in two; cut the head and the neck and legs in two, and the gizzards in four; waſh them very clean, put them into a ſtewpan or ſoup pot, with three pounds of ſcrag of veal, juſt cover them with water; let them boil up, take all the ſcum clean off; then put three onions, two turnips, one carrot, a little thyme and parſley; ſtew them till they are tender, ſtrain them through a ſieve, waſh the giblets clean with ſome warm water out of the herbs, &c. then take a piece of butter as big as a large walnut, put it in a ſtewpan, melt it, and put in a large ſpoonful of flour; keep it ſtirring till it is ſmooth; then put in your broth and giblets, ſtew them for a quarter of an hour; ſeaſon with ſalt. Or you may add a gill of Liſbon, and juſt before you ſerve them up, chop a handful of green parſley and put in; give them a boil up, and ſerve them in a tureen or ſoup diſh.

Three

Three pair will make handſome tureen full.

To roaſt a GREEN Goose. When your gooſe is ready dreſſed, put in a good lump of butter, ſpit it, lay it down and ſinge it well, duſt it with flour, baſte it well with freſh butter; baſting it three or four times with cold butter, will make the fleſh riſe better than if you was to baſte it out of the dripping-pan; if it is a large one, it will take three quarters of an hour to roaſt it; when you think it is enough, dredge it with flour, baſte it till it is a fine froth, and your gooſe a nice brown, and diſh it up with a little brown gravy under it. Garniſh it with a cruſt of bread grated round the edge of your diſh.

Another way to roaſt a GREEN Goose. A green gooſe will not take more than three quarters of an hour at the fire. Unleſs it is particularly liked, it is not uſual to put any thing into it but a little pepper and ſalt, a little gravy in the diſh, and ſome in a boat. There muſt be green ſauce in another boat, made as follows: About half a pint of veal broth, the juice of an orange or lemon boiled up for ſix or ſeven minutes, then put in ſome juice of ſorrel, enough to make it green and juſt boil it up; ſtir it all the time for fear it ſhould curdle, which it is apt to do, and it ought to be very ſmooth.

Another Sauce. Take ſome melted butter, put in a ſpoonful of the juice of ſorrel, a little ſugar, a few coddled gooſeberries, pour it into your ſauce-boats, and ſend it hot to the table.

To roaſt a Goose. Take a few ſage leaves and two onions, chopped as fine as poſſible; mix them with a large piece of butter, two ſpoonfuls of ſalt, and one of pepper. Put this into the gooſe, ſpit it, and lay it down

+ Places for Lights

A Pine Apple in Dutch Flummary

Open Cranberry Tart

Asparagus Pease

Petit Meer Gams

Rasp Cream

Four Woodcocks Roasted

Smelts Fried

Sweet Breads à la Perry

Brains

Orange Cream

Mushrooms

Oysters

Muttons

Larks Roasted

Ragow mille

Cut Pastry Basket

A Pyramid

Jack Robin's

Marble Veal

A Bucheve

Calves Ears Scuffe

Pullets Oysters

Pheasants Roasted

Ragoo Cream

Collard Beef

Pigeons Roasted

Truffles Stewed

Mince Pies

Hebrew Pies a la Monmouth

Places for Lights.

Sheep Trotters in a Surtout

Pettty Pattties

Stewed Soals

Broccoli &c.

Fricando of Veal

Soup à Laute removed with Haunch of Venison

Fricasee de Palates

Tongue boiled

Turnips

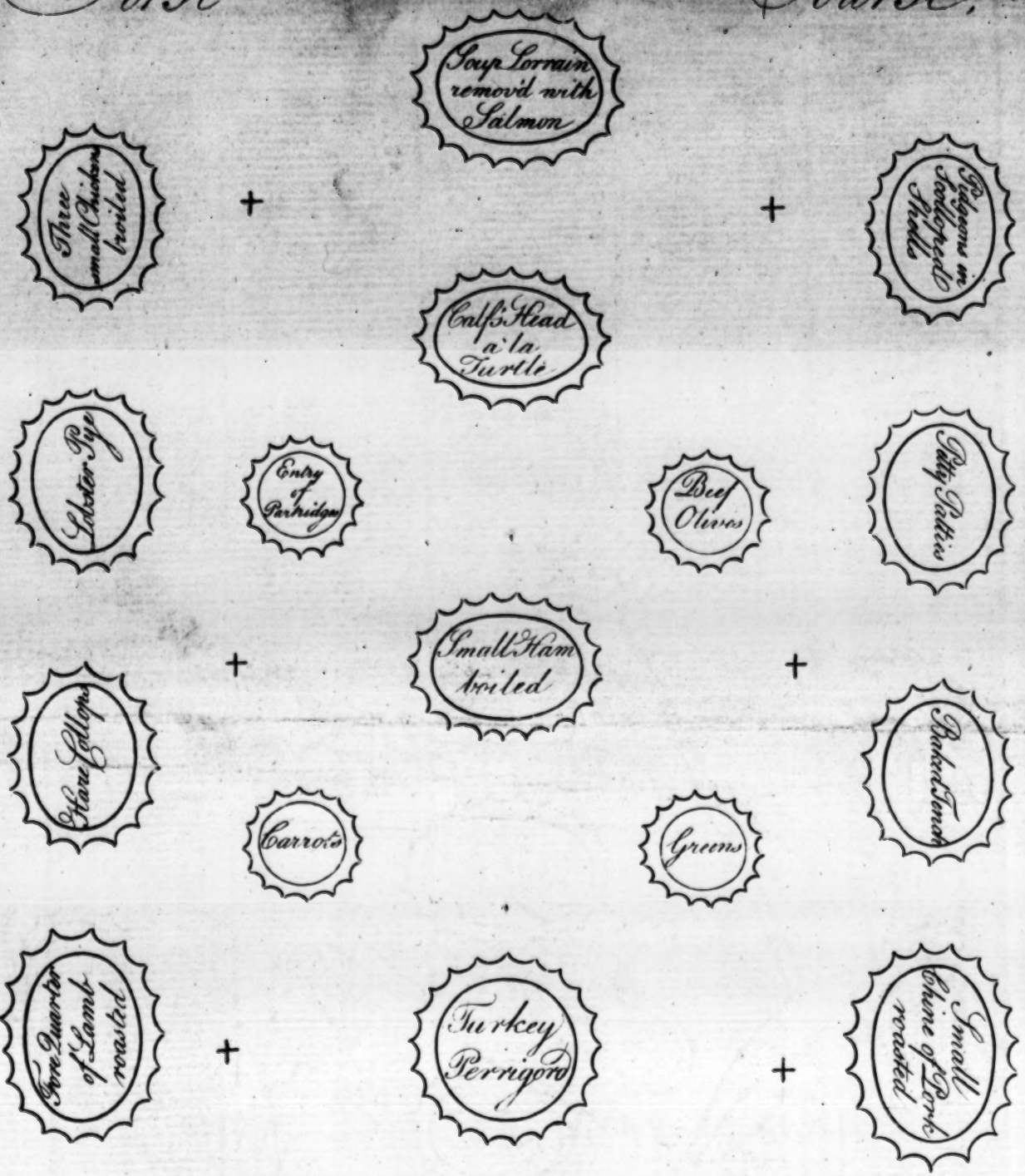
Ducks à la Braize

Orange Pudding

Harico of Mutton

Breast of Veal roasted

First Course



to the fire; ſinge it, and duſt it with flour, and when it is thoroughly hot, baſte it with freſh butter. A large gooſe will require an hour and a half before a good fire, and when it is done, dredge and baſte it, pull out the ſpit, and pour in a little boiling water.

Another way to roaſt a Goose. It muſt be ſeaſoned with ſage and onion cut very ſmall, and mixed with pepper and ſalt. Boil the ſage and onion in a little water before they are cut; it prevents their eating ſo ſtrong, and takes off the rawneſs. For ſauce, gravy and apple ſauce.

GOOSEBERRIES.—See JAM, PRESERVING, PUDDING, and WINE.

GOOSEBERRY FOOL. Set two quarts of gooſeberries on the fire in about a quart of water. When they begin to ſimmer, turn yellow, and ſeem to plump, throw them into a cullendar to drain the water out; then with the back of a ſpoon carefully ſqueeze the pulp through a ſieve into a diſh; make them pretty ſweet, and let them ſtand till they are cold. In the mean time, take two quarts of milk, and the yolks of four eggs, beat up with a little grated nutmeg: ſtir it ſoftly over a ſlow fire. When it begins to ſimmer, take it off, and by degrees ſtir it into the gooſeberries. Let it ſtand till it is cold, and ſerve it up. If you make it with cream, you need not put any eggs in.

GOUT.

As there are no medicines yet known that will cure the gout, we ſhall confine our obſervations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and ſtrong, his diet ought to be thin and cooling, and his drink of a diluting nature; but when the conſtitution is weak, and the patient has been accuſtomed to live high, this is not a proper time to retrench. In this caſe, he muſt keep nearly to his uſual diet, and ſhould take frequently a cup of ſtrong negus, or a glaſs of generous wine. Wine whey is a very proper drink in this caſe, as it promotes the perſpiration without greatly heating the patient. It will anſwer this purpoſe better, if a tea-ſpoonful of *ſal volatile oleoſum*, or ſpirits of hartſhorn, be put into a cup of it twice a day. It will likewiſe be proper to give at bed-time, a tea-ſpoonful of the volatile tincture of *guaiacum*, in a large draught of warm wine whey. This will greatly promote perſpiration through the night.

Many things will ſhorten a fit of the gout, and ſome will drive it off altogether; but nothing has yet been found which will do this with ſafety to the patient.

GRAPES.

They may be preſerved in the ſame manner as Currants in bunches, or as Morelle cherries.---See CURRANTS and CHERRIES.

GRAVEL.

Perſons afflicted with the gravel or ſtone, ſhould avoid aliments of a windy or heating nature, as ſalt meats, ſour fruits, &c. Their diet ought chiefly to conſiſt of ſuch things as tend to promote the ſecretion of urine, and to keep the body open. Artichokes, aſparagus, ſpinach, lettuce, parſley, ſuccory, purſlane, turnips, potatoes, carrots, and radiſhes, may be ſafely eat. Onions, leeks, and celery are, in this caſe, reckoned medicinal. The moſt proper drinks are whey, butter milk, and water; barley water; decoctions of the roots of marſh-mallows, parſley, liquorice, or of other mild mucilaginous vegetables, as linſeed, limetree buds, or leaves, &c. If the patient has been accuſtomed to generous liquors, he may drink Hollands and water acid.

Dr. Whyte adviſes patients who are ſubject to frequent fits of the gravel in the kidnies, but have no ſtone in the bladder, to drink, every morning, two or three hours before breakfaſt, an Engliſh pint of oyſter, or cockle-ſhell lime water. The doctor very juſtly obſerves, that though this quantity might be too ſmall to have any ſenſible effect in diſſolving a ſtone in the bladder, yet it may very probably prevent its growth.

GRAVIES.

As gravy is not always to be procured, eſpecially by thoſe who live remote from large towns, in ſuch caſes the following directions may be uſeful: Take a piece of beef, veal, and mutton, and cut them in ſmall pieces; take a large deep ſaucepan with a cover; lay your beef

at the bottom, then your mutton, then a very little piece of bacon, a ſlice or two of carrot, ſome mace, cloves, whole black and white pepper, a large onion cut in ſlices, a bundle of ſweet herbs, and then lay in your veal. Cover it cloſe over a ſlow fire for ſix or ſeven minutes, ſhake the ſaucepan often: then duſt ſome flour into it, and pour boiling water till the meat is ſomething more than covered. Cover it cloſe again, and let it ſtew till it is rich and good; then ſeaſon it to your taſte with ſalt, and ſtrain it off; when you will have a gravy that will anſwer moſt purpoſes.

Another way. Take a raſher or two of bacon or ham, and lay it at the bottom of your ſtewpan. Put either veal, mutton, or beef, cut in thin ſlices, over it. Then cut ſome onions, turnips, carrots, and celery, a little thyme, and ſome all-ſpice. Put a little water at the bottom, then ſet it on a gentle fire, and draw it till it is brown at the bottom, which you will know by the pan's hiſſing; then pour boiling water over it, and ſtew it gently for an hour and a half; but the time it will take muſt be regulated by the quantity. Seaſon it with ſalt.

Brown GRAVY *without Meat.* Melt a piece of butter as big as a walnut in a ſaucepan; ſtir it round, and when the froth ſinks, duſt ſome flour in it. Then take half a pint of ſmall beer that is not bitter, and half a pint of water, a ſpoonful of walnut liquor, or catchup, the ſame quantity of muſhroom liquor, one anchovy, a little blade of mace, ſome whole pepper, and a bit of carrot. Let it ſimmer for a quarter of an hour, and then ſtrain it off. Uſe it for fiſh or fowl.

Good brown GRAVY. To half a pint of beer or ale that is not bitter, put half a pint of water, an onion cut ſmall, a little bit of lemon-peel cut ſmall, three cloves, a blade

a blade of mace, ſome whole pepper, a ſpoonful of muſhroom pickle, a ſpoonful of walnut pickle, a ſpoonful of catchup, and an anchovy. Firſt put a piece of butter into a ſaucepan, as big as an hen's egg; when it is melted, ſhake in a little flour, and let it be a little brown; then by degrees ſtir in the above ingredients, and let it boil a quarter of an hour, then ſtrain it, and it is fit for fiſh or roots.

GRAVY *for white Sauce.* Take a pound of any part of the veal, cut it into ſmall pieces, boil it in a quart of water, with an onion, a blade of mace, two cloves, and a few whole pepper-corns. Boil it till it is as rich as you would have it.

GRAVY *for a Turkey, Fowl, or Ragoo.* Take a pound of lean beef, cut, hack, and flour it well. Put a piece of butter, as big as an hen's egg, in a ſtewpan, and when it is melted, put in your beef, fry it on all ſides a little brown; then pour in three pints of boiling water, and a bundle of ſweet herbs, two or three blades of mace, three or four cloves, twelve whole pepper-corns, a little bit of carrot, a little piece of cruſt of bread toaſted brown; cover it cloſe, and let it boil till there is about a pint or leſs, then ſeaſon it with ſalt, and ſtrain it off.

Another way. Boil the neck, liver, and gizzard of the fowl in half a pint of water, with a little piece of bread toaſted brown, a little pepper and ſalt, and a little bit of thyme. Let them boil till there is a quarter of a pint, then pour in half a glaſs of red wine, boil it, and ſtrain it, then bruiſe the liver well in, and ſtrain it again, thicken it with a little piece of butter rolled in flour, and it will be very good.

An ox's kidney makes good gravy, cut all to pieces, and boiled with ſpices, &c.

Beef GRAVY. Take ſome lean beef, according to the quantity of gravy that is wanted, cut it into pieces; put it into a ſtewpan, with an onion ſliced, and a little carrot, cover it cloſe, ſet it over a gentle fire; pour off the gravy as it draws from it, then let the meat brown, turning that it may not burn. Pour over it boiling water; add a few cloves, pepper-corns, a bit of lemon-peel, a bunch of ſweet herbs. Let this ſimmer gently; ſtrain it with the gravy that was drawn from the meat. Add a ſpoonful of catchup and ſome ſalt.

A pound of meat will make a pint of gravy.

Mutton or Veal GRAVY. Take your mutton or veal, cut and hack it very well, ſet it on the fire with water, ſweet herbs, mace, and pepper. Let it boil till it is as good as you would have it, then ſtrain it off. Your great cooks always, if they can, chop a partridge or two and put into the gravies.

A ſtrong Fiſh GRAVY. Take two or three eels, or any other fiſh you may have, ſkin or ſcale them, gut them and waſh them from grit, cut them into little pieces, put them into a ſtewpan, cover them with water, a little cruſt of bread toaſted brown, a blade or two of mace, and ſome whole pepper, a few ſweet herbs, and a very little bit of lemon-peel. Let it boil till it is rich and good; then have ready a piece of butter, according to your gravy—if a pint, as big as a walnut. Melt it in the ſaucepan, then ſhake in a little flour, and toſs it about till it is brown, and then ſtrain in the gravy to it. Let it boil a few minutes, and it will be good.

Stock for brown or white Fiſh. Take a pound of ſcate, four or five flounders, and two pounds of eels; cut them into pieces: put to them as much water as will cover them;

them; ſeaſon them with mace, an onion ſtuck with cloves, a head of celery, two parſley roots ſliced, ſome pepper and ſalt, a bunch of ſweet herbs. Let it ſimmer an hour and a half, covered down cloſe; ſtrain it off for uſe. If it is for brown ſoup, fry the fiſh firſt brown in butter, and then do it as before mentioned. It will not keep more than two or three days.

GREEN-GAGE PLUMS. See CANDYING and PRESERVING.

GRILLADE

Is meat broiled upon a gridiron; when turkeys or any other ſorts of fowls are left cold, you may make a ſide diſh of them in the following manner; broil their legs, wings, and rumps on a gridiron, with ſalt and pepper; and having fried ſome flour in lard with oyſters, anchovies, capers, nutmeg, a bay leaf and a piece of green lemon, with a little vinegar and broth, let them be all well ſoaked together.---See alſo MUTTON.

GREEN SICKNESS.—See WOMEN.

GRIPES.—See CHILDREN.

H.

HADDOCKS.

To broil HADDOCKS. Gut and waſh them, dry them with a cloth, and rub a little vinegar over them, which will keep the ſkin on better; duſt them with flour, rub the gridiron with butter, and let it be very hot when you lay the fiſh on, or they will ſtick: turn them two or three times on the gridiron. When enough, ſerve them up, and lay pickles round them, with plain melted butter, or cockle ſauce. They are a pretty diſh for ſupper.

HAIR.

A fine head of hair is generally conſidered as a neceſſary appendage, or indeed as an eſſential part of beauty, eſpecially in the ladies; and though this depends very much upon the natural temperament of the body, yet it may be certainly improved by the aſſiſtance of art. Daily combing, frequent dreſſing, and the uſe of plain, *unadulterated* ſtarch powder, with ſimple pomatum, will contribute more to its nouriſhment and preſervation, than all the boaſted preparations of perfumery. Application of hot irons is always prejudicial; and much frizzing will finally tear it all from the head.

Pomatums and powders for the hair may generally be purchaſed cheaper, at leaſt more conveniently, than they can be made; but as many readers might think a work of this kind deficient, that did not give recipes for ſuch compoſitions, we offer the following as ſome of the beſt that can be prepared:

Pomatum,

Pomatum for the HAIR. Cut a ſufficient quantity of hog's cheek into ſmall pieces, ſteep it ſix or eight days in clean water, which muſt be changed three times a-day; and every time the water is changed, let the fleſh be ſtirred with the ſhank of a ſilver table ſpoon; drain the fleſh dry, and putting it into a clean earthen pipkin, with a pint of roſe water, and a lemon ſtuck with cloves; ſimmer them over the fire till the ſkim looks reddiſh, which take off; remove the pipkin from the fire, and ſtrain the liquor. When it has cooled, take off the fat, beat it ſeveral times well with cold water, till thoroughly purified, uſing roſe water the laſt time inſtead of common; drain the pomatum from the water, and ſcent it with any perfume to your choice, as eſſence of bergamot, lemon, &c. This is an elegant and excellent compoſition for almoſt every coſmetic purpoſe; but particularly for the hair, which it nouriſhes, ſtrengthens, preſerves, and thickens, and in that reſpect ſeems a natural pabulum or food.

The beſt ſtarch dried is the baſis of all hair powders, and in this ſimple ſtate is doubtleſs nouriſhing to the hair; but is too generally adulterated with pernicious ingredients, ſuch as unſlacked lime, dried bones, or bones calcined to whiteneſs, ſhells of fiſh calcined, and worm-eaten, or rotten wood, which are ſifted through a fine hair ſieve, after they have been beaten to powder. The following is the method of preparing *the common white powder:*

Take four pounds of ſtarch, half a pound of Florentine orrice root, ſix cuttle fiſh bones, ox and ſheep bones, calcined to whiteneſs, of each a handful; beat them into powder, and ſift it for uſe.

The Florentine orrice root is the uſual perfume, which naturally poſſeſſes a violet ſmell. The whiteſt and

ſoundeſt roots muſt be made choice of, and are to be powdered as fine as poſſible, which can only be done during the ſummer.

The following powder ſtands highly recommended, for promoting the regeneration of the hair, and ſtrengthening and nouriſhing its roots:

Take roots of calamus aromaticus, (or ſweet flag) and red roſes dried, of each an ounce and a half; gum Benjamin, an ounce; aloes wood, three quarters of an ounce, bean flour and Florentine orrice root, of each half a pound; mix them all together, and reduce them to a fine powder. You may add, if agreeable, a few grains of muſk or civet.

Though every perſon does not poſſeſs a *fine head of hair*, yet there are very few who, by taking a little pains, may not preſerve it from certain defects, that are very obſervable, ſuch as, firſt, the hair falling off; ſecondly, becoming forky and ſplitting; thirdly, being eat away by ruſt.

The falling off of the hair is generally the conſequence of the cavities in which the roots are lodged becoming too large.

It is remarked alſo that the hair frequently falls off after certain diſeaſes, as fevers, ſmall-pox, &c. theſe diſeaſes being accompanied with profuſe ſweats, or other ſymptoms, which enlarge the cavities of the hair. This cauſe being explained it follows, that there can be no better method employed to prevent the hair falling off, than having recourſe to ſuch things as ſtraiten the pores whence it iſſues. It has been recommended to waſh the head at times with a little verjuice. The juice of of onions produces the ſame effect; it may be ſometimes neceſſary to try various methods to obtain our deſire.

And

And the following preparations all ſtand recommended upon the baſis of experience:

1. Powder your head with bruiſed parſley ſeed, at night, once in two or three months, and the hair will never fall off.

2. To quicken the growth of your hair, dip your comb every morning in the expreſſed juice of nettles, and comb the hair the wrong way. This expedient will ſurpriſingly quicken its growth.

3. After ſhaving the head, foment it frequently with a decoction of wormwood, ſouthernwood, ſage, betony, vervain, marjoram, myrtle, and roſes.

4. Take the tops of hemp as ſoon as the plants appear above ground, and infuſe them in water twenty-four hours. Dip the teeth of your comb in this fluid every morning when combing the head, and it will certainly quicken the growth of the hair.

5. The following liniment is well calculated to anſwer the ſame intention:

Take ſix drams of labdanum, two ounces of bear's greaſe, half an ounce of honey, three drams of powdered ſouthernwood, a dram and half of the aſhes of calamus aromaticus, with a ſufficient quantity of the oil of ſweet almonds, to make it into a liniment, nearly of the conſiſtence of pomatum.

6. We ſhall conclude with the following compound oil for the ſame intention; which very quickly makes the hair ſhoot out:

Take half a pound of green ſouthernwood bruiſed, boil it in a pint and a half of ſweet oil, and half a pint of red wine; when ſufficiently boiled, remove it from the fire, and ſtrain the liquor through a linen bag; re-

peat this operation three times with freſh ſouthernwood, the laſt time add to the ſtrained liquor two ounces of bears greaſe.

The hairs are apt to ſplit in the end into two or three fibres; which proceeds moſt commonly from negligence and want of cutting.

To *change the colour of the hair* is certainly difficult, though by no means impoſſible. When the hair is white from old age, it is common to uſe a leaden comb, to make it darker; and the ſame expedient is often practiſed with red hair. This method, however, makes no radical change of the colour, and only diſguiſes it for ſome time; the true colour always returning, unleſs perpetual recourſe is had to the lead.

When the hair is grey in young people, or indeed of any diſagreeable colour, it may be corrected, or changed, though not without much trouble and patience. The moſt certain way of accompliſhing this end is by cutting off the hair as cloſe to the ſkin as poſſible, and then waſhing the head with any of the following decoctions, ſo that the remedy may penetrate the deeper into the roots of the hair; and afterwards, in proportion as the hair grows, more care ought to be taken in waſhing the head, which method muſt be continued for ſeveral weeks. If theſe do not abſolutely change the colour, they will at leaſt do much better than a leaden comb.

Decoctions of night ſhade, mugwort, arſeſmart, germander, colombine, penny-royal, or the root of turmerick; the leaves of the wild vine change the hairs black and prevent their falling off; burnt corks, roots of the holm oak, and caper tree, barks of willow, walnut tree, and pomegranate; leaves of artichokes, the mulberry

tree

tree, fig-tree, raſberry-buſh; ſhells of beans, gall and cypreſs-nuts; leaves of myrtle; green ſhells of walnuts, ivy berries, cockle, and red beet ſeeds, and poppy flowers. Any of theſe ingredients may be boiled in rain water, wine, or vinegar, with the addition of ſome cephalic plant, as ſage, marjoram, balm, betony, clove july flowers, &c.

Compoſition to change Hair Black. Firſt, waſh your head with ſpring water, then dip your comb in oil of tartar, and comb yourſelf in the ſun; repeat this operation three times a day for the courſe of eight or ten days, at the expiration of which time the hair will be of a fine black; to give it a delightful perfume, anoint with a little oil of Benjamin.

The following is perhaps as eaſy, cheap, and efficacious a method of changing the colour of hair, as any ever invented, and has been frequently advertiſed, and ſold at the moderate rate of ten ſhillings a pint:

To two ounces of black lead finely powdered add one ounce of ebony ſhavings; boil them in a quart of clear water till reduced to about a pint; filter the decoction, add a little bergamot, or any other perfume, and bottle the liquid for uſe.

The beſt method of uſing ſuch liquids is by fixing a ſmall ſponge on the upper part of the comb, and dipping it in the preparation, as the hair will thus be more effectually wet and tinged, than by the comb alone.

Red, or ſandy coloured hair may in a very ſhort time be changed to a beautiful flaxen by aſſiſtance of the following compoſition:

Take a quart of lye prepared from the aſhes of vine twigs; briony, celandine roots, and turmeric, of each half

half an ounce; ſaffron and lily roots, of each two drams; flowers of mullein, yellow ſtechas, broom, and St. John's wort, each a dram; boil theſe ingredients together, and ſtrain off the liquor.

It muſt be obſerved, that as the hair does not ſhoot out from the extremities, but from the roots, frequent application of any of the foregoing compoſitions is neceſſary, or the hair will in time appear of two colours.

When the hair is much neglected, it is very apt to become ruſty, as well as forked; and a kind of ſcab forms at the roots; this ruſt is often ſo corroſive, that the hair will fall off in ſpots, juſt as the hair of a muff which has been a long time expoſed to dampneſs.

This may eaſily be prevented by frequently combing it: and indeed thoſe ladies and gentlemen who have their hair dreſſed daily, ſhould yet make a point to have it often combed from the roots, to prevent the powder, pomatum, &c. from obſtructing the perſpiration; a circumſtance that will more readily create diſorders in the head and eyes, than any quantity of hair, however great.

When this deformity has already taken place, the beſt procedure is to cut off the hair entirely, and then waſh the head with a ſtrong decoction of celandine, wormwood, ſage, balm, and tobacco, bruiſed all together and boiled in a ſufficient quantity of red wine. After waſhing the head with this decoction, a little warm, dip a linen cloth into it, which muſt be applied to the head, and continued on it for two or three days.

To this may be joined the uſe of ſome other of the foregoing preſcriptions; or one of the following may prove no leſs effectual:

Take

Take roots of a maiden vine, roots of hemp, and cores of ſoft cabbages, of each two handfuls; dry and burn them, and make a lye with the aſhes; after rubbing the part well with honey, waſh it with this lye ſeveral days ſucceſſively.

To thoſe who are more fond of preparations in the form of pomatums, the following may be deſervedly recommended:

Take hen's fat, oil of hempſeed, and honey, of each a pound; melt them together in an an earthen pipkin, and keep ſtirring the mixture with a wooden ſpoon till cold. This pomatum, to produce the deſired effect, muſt be rubbed on the part eight or ten days ſucceſſively.

HAMS.

To cure HAMS. Cut off a fine ham from a fat hind quarter of pork. Take two ounces of ſalt-petre, a pound of coarſe ſugar, a pound of common ſalt, and two ounces of ſal-prunella; mix all together, and rub it well. Let it lie a month in this pickle, turning and baſting it every day; then hang it in wood ſmoke, as you do beef, in a dry place, ſo as no heat comes to it; and, if you keep them long, hang them a month or two in a damp place, and it will make them cut fine and ſhort. Never lay theſe hams in water till you boil them, and then boil them in a copper, if you have one, or the largeſt pot you have. Put them in the cold water, and let them be four or five hours before they boil. Skim the pot well, and often, till it boils. If it is a very large one, three hours will boil it; if

if a ſmall one, two hours will do, provided it be a great while before the water boils. Take it up half an hour before dinner, pull off the ſkin, and throw raſpings, finely ſifted, all over. Hold a red hot fire-ſhovel over, and when dinner is ready, take a few raſpings in a ſieve, and ſift all over the diſh; then lay in your ham, and, with your finger, make fine figures round the edge of your diſh. Be ſure to boil your ham in as much water as you can, and keep it ſkimming all the time it boils. It muſt be at leaſt four hours before it boils.

This pickle does finely for tongues afterwards, to lie in it a fortnight, and then hang in the wood ſmoke a fortnight, or to boil them out of the pickle.

Yorkſhire is famous for hams, and the reaſon is this, their ſalt is much finer than ours in London; it is a large clear ſalt, and gives the meat a fine flavour. That from Malden, in Eſſex, will make any ham as fine as you can deſire. It is by much the beſt ſalt for ſalting meat.

When you broil any of theſe hams in ſlices, or bacon, have ſome boiling water ready, and let the ſlices lie a minute or two in water, then broil them; it takes out the ſalt, and makes them eat finer. See *alſo* BACON.

To boil a HAM. Steep it all night in ſoft water; a large one ſhould ſimmer three hours, and boil gently two; a ſmall one ſhould ſimmer two hours, and boil about one and a half. Pull off the ſkin, rub it over with a yolk of egg, ſtrew on bread crumbs, ſet it before the fire till of a nice light brown.

Or, Put your ham into a copper of cold water, and when it boils, take care that it boils ſlowly. A ham of twenty pounds will take four hours and a half boiling,

and ſo in proportion for one of a larger or ſmaller ſize. No ſoaking is required for a green ham; but an old and large ham will require ſixteen hours ſoaking in a large tub of ſoft water. Obſerve to keep the pot well ſkimmed while your ham is boiling. When you take it up, pull off the ſkin, and rub it all over with an egg, ſtrew on crumbs of bread, baſte it with butter, and ſet it to the fire till it is of a light brown.

Or, When you boil a ham, put it into your copper when the water is pretty warm, for the cold water draws the colour out; when it boils be careful it boils very ſlowly.

HAM *à la braize.* Take off the ſkin, clear the knuckle, and lay it in water to freſhen; then tie it about with a ſtring, and take ſlices of bacon and beef; beat and ſeaſon them well with ſpices and ſweet herbs, and lay them in the bottom of a kettle, with onions, parſnips, and carrots ſliced, with ſome chives and parſley. Lay in your ham the fat ſide uppermoſt, and cover it with ſlices of beef, and over that with ſlices of bacon; then lay on ſome ſliced roots and herbs, the ſame as under it. Cover it, and ſtop it cloſe with paſte. Put fire both over and under it, and let it ſtew twelve hours with a very ſlow fire; put it in a pan, dredge it well with grated bread, and brown it with a hot iron; or put it into the oven; bake it an hour, and when you ſerve it up, garniſh it with raw parſley. If it is to be eaten hot, make a ragoo thus:—Take a veal ſweetbread, ſome livers of fowls, cocks'-combs, muſhrooms and truffles. Toſs them up in a pint of good gravy, ſeaſoned with ſpice to your taſte; thicken it with a piece of butter rolled in flour, and a glaſs of red wine. Then brown your ham

as above, and let it ſtand a quarter of an hour to drain the fat out. Strain the liquor it was ſtewed in, after ſkimming off all the fat, put it into the gravy, and boil it up with a ſpoonful of browning. Sometimes you may ſerve it up with carp ſauce, and ſometimes with a ragoo of craw-fiſh.

To roaſt a HAM, *or a* GAMMON *of* BACON. Half boil your ham or gammon, then take off the ſkin, dredge it with oatmeal ſifted very fine, baſte it with freſh butter; it will make a ſtronger froth than either flour or bread crumbs, then roaſt it. When it is enough, diſh it up, and pour brown gravy in your diſh. Garniſh with green parſley, and ſend it to table.

Toaſted BREAD *and* HAM *with* EGGS. Toaſt bits of bread of what bigneſs you pleaſe, fry them in butter of a good colour; take as many ſlices of ham, and ſoak them over a ſlow fire in butter till they are done, turning them often; then lay them upon bread; put a little cullis into the ſtewpan, give it a boiling, ſkim the fat clear off, and add a little broth and vinegar; boil a moment, and ſerve upon the toaſt.—The ham is prepared the ſame, if you would ſerve it with poached eggs, or any ſort of ſtewed greens.

HARE.

To roaſt a HARE. When the hare is caſed, truſs it in this manner; bring the two hind legs up to its ſides, pull the fore legs back, put your ſkewer firſt in the hind leg, then into the fore leg, and thruſt it through the body; put the fore leg on, and then the hind leg, and a ſkewer thro' the top of the ſhoulders and back part of the head, which

which will hold the head up. Make a pudding thus,—Take a quarter of a pound of beef ſuet, as much crumb of bread, a handful of parſley chopped fine, ſweet herbs of all ſorts, ſuch as baſil, marjoram, winter ſavory, and a little thyme, chopped fine; a little nutmeg grated, ſome lemon-peel cut fine, pepper and ſalt; chop the liver fine, and put in with two eggs; mix it up, and put it into the belly, and ſo ſkewer it up; then ſpit it and lay it to the fire, which muſt be a good one. A good ſized hare takes upwards of an hour, and ſo in proportion.

See the mode of truſſing a hare repreſented on the ſecond plate of carving.

Another way. Skewer your hare with the head upon one ſhoulder, the fore legs ſtuck into the ribs, the hind legs double; make your pudding of the crumb of a penny loaf, a quarter of a pound of beef marrow or ſuet, and a quarter of a pound of butter; ſhred the liver, add a ſprig or two of winter ſavory, a little lemon-peel, one anchovy, a little kyan pepper, half a nutmeg grated; mix them up in a light force-meat, with a glaſs of red wine and two eggs; put it into the belly of your hare, ſew it up, put a quart of good milk in your dripping-pan, baſte your hare with it till it is reduced to half a pint, then duſt and baſte it well with butter. If it be a large one, it will require an hour and a half roaſting.

Another way. Stuff the hare with a pudding made of bread crumbs, chopped ſuet, the liver parboiled and buiſed, lemon-peel grated, ſhred parſley and ſweet herbs, pepper, ſalt, nutmeg, the yolks of two eggs; ſew up the hare, put a quart of ſmall beer into the dripping-pan, or three pints, according to the ſize of your hare; baſte it with this till all is uſed; then flour the hare, and baſte

it with butter; ſend it to table with a fine froth. "I have tried all the different ways recommended to baſte a hare with, and never found any thing ſo good as ſmall beer. For ſauce, gravy, melted butter, and ſweet ſauce." [*Maſon's Art of Cookery.*]

Different Sauces for a HARE. Take for ſauce, a pint of cream, and half a pound of freſh butter; put them in a ſaucepan, and keep ſtirring it with a ſpoon till the butter is melted, and the ſauce is thick: then take up the hare, and pour the ſauce into the diſh. Another way to make ſauce for a hare is, to make good gravy, thickened with a little piece of butter rolled in flour, and pour it into your diſh. You may leave the butter out, if you do not like it, and have ſome currant jelly warmed in a cup, or red wine and ſugar boiled to a ſyrup, done thus, Take a pint of red wine, a quarter of a pound of ſugar, and ſet over a ſlow fire to ſimmer for about a quarter of an hour. You may do half the quantity, and put it into your ſauce boat or baſon.

To florendine a HARE. Take a grown hare, and let her hang up four or five days, then caſe her, and leave on the ears; and take out all the bones except the head, which muſt be left on whole; lay your hare flat on the table, cover the inſide with a force-meat, and then roll it up to the head; ſkewer it with the head and ears leaning back, tie it with packthread as you would a collar of veal, wrap it in a cloth, and boil it an hour and a half in a ſaucepan with a cover on it, with two quarts of water. When your liquor is reduced to one quart, put in a pint of red wine, a ſpoonful of lemon-pickle, and one of catchup, the ſame of browning, and ſtew it till it is re-

reduced to a pint; thicken it in butter rolled in flour, lay round your hare a few morels, and four ſlices of force-meat, boiled in a caul of leg of veal. When you diſh it up, draw the jaw-bones, and ſtick them in the eyes for horns; let the ears lie back on the roll, and ſtick a ſprig of myrtle in the mouth; ſtrain over your ſauce, and ſerve it up. Garniſh with barberries and parſley.—Force-meat for the hare: take the crumb of a penny loaf, the liver ſhred fine, half a pound of fat bacon ſcraped, a glaſs of red wine, one anchovy, two eggs, a little winter ſavory, ſweet marjoram, lemon-thyme, pepper, ſalt, and nutmeg to your taſte.

To dreſs a HARE. When the hare is caſed, cut it in two juſt below the ribs; cut the fore quarters into pieces, and put them into a clean ſtewpan, with a blade or two of mace, an onion ſtuck with cloves, ſome whole pepper, an anchovy, and a bunch of ſweet herbs; cover them with water, and let them ſtew gently; make a pudding and put into the belly of the other part; lard and roaſt it, flour and baſte it well with butter or ſmall beer. When the ſtew is tender, take it out with a fork into a diſh, and ſtrain off the liquor; put into it a glaſs of red wine, a ſpoonful of good catchup, and a piece of butter rolled in flour; ſhake all together over the fire till it is of a good thickneſs; take up the roaſted hare, and lay it in the middle of the diſh, with the ſtew round, and ſauce poured over it, and ſome good gravy in a boat.

HARE *à-la-daube.* Cut a hare in ſix pieces; bone and lard them with bacon, ſeaſon with ſpices, powder of laurel, chopped parſley, thyme, ſhallots, and one clove of garlick; braze it with ſlices of lard, the bones, a little broth, as much of the blood as you can ſave, a glaſs

of

of brandy, and a quarter of a pound of good butter; ſtop the pan well, and ſtew it on a very ſlow fire, or in the oven, about four hours; then take out the bones, put the hare into a tureen, and the ſlices of bacon upon it; ſift the ſauce, and put it into the tureen; let it cool before uſing. It ought to be like a pie.

To ſcare a HARE. Lard a hare, and put a pudding in the belly; put it into a pot or fiſh kettle, then put to it two quarts of ſtrong-drawn gravy, one of red wine, a whole lemon cut, a faggot of ſweet herbs, nutmeg, pepper, a little ſalt, and ſix cloves; cover it cloſe, and ſtew it over a ſlow fire till it is three parts done; then take it up, put it into a diſh, and ſtrew it over with crumbs of bread, ſweet herbs chopped fine, ſome lemon-peel grated, and half a nutmeg; ſet it before the fire, and baſte it till it is of a fine light brown. In the mean time, take the fat off your gravy, and thicken it with the yolk of an egg. Take ſix eggs, boiled hard and chopped ſmall, ſome pickled cucumbers cut very thin; mix theſe with a ſauce, and pour it into the diſh.

A fillet of mutton, or neck of veniſon, may be done the ſame way.

Note.—You may do rabbits the ſame way, but it muſt be veal gravy and white wine, adding muſhrooms for cucumbers.

A HARE *Civet.* Bone your hare, and take out all the ſinews; cut one half in thin ſlices, and the other half in pieces an inch thick, flour them, and fry them in a little freſh butter, as collops, quick, and have ready ſome gravy made with the bones of the hare and beef; put a pint of it into the pan to the hare, ſome muſtard, and a little elder vinegar; cover it cloſe, and let it do

ſoftly till it is as thick as cream, then diſh it up, with the head in the middle.

To ſtew a HARE. When you have paunched and caſed your hare, cut her as for eating, put her into a large ſaucepan with three pints of beef gravy, a pint of red wine, a large onion ſtuck with cloves, a bundle of winter ſavory, a ſlice of horſe-radiſh, two blades of beaten mace, one anchovy, a ſpoonful of walnut or mum catchup, one of browning, half a lemon, kyan and ſalt to your taſte; put on a cloſe cover, and ſet it over a gentle fire, and ſtew it for two hours; then take it up into a ſoup-diſh, and thicken your gravy with a lump of butter rolled in flour; boil it a little, and ſtrain it over your hare. Garniſh with lemon-peel cut like ſtraws, and ſerve it up.

Another way. Take a young hare, and cut it into ten pieces, the two legs, two wings or ſhoulders, the chine in four, and the ſtomach and ſkirts in two; put it into your ſtewpan, with about three half pints of Port wine, two or three onions, a carrot or two, ſome ſweet baſil, thyme, and parſley, and a ladle of gravy; a little ſalt and pepper, a clove or two, and a bit of mace, and let it ſtew gently for two hours. Take out your hare clean into another ſtewpan, and ſtrain your ſauce to it, adding a ladle of cullis, and if not thick enough, put in a bit of butter and flour; boil it a minute, and keep it hot till your dinner is ready; throw in a ſpoonful or two of capers, ſome minced parſley, and the juice of a lemon or orange; and ſerve it up with ſome fried bits of bread in the diſh, and round it.

Another way. Cut off the legs and ſhoulders, cut out the back-bone; cut the meat which comes off the ſides

ſides into pieces; put all into a veſſel, with three quarters of a pint of ſmall beer, the ſame of water, a large onion ſtuck with cloves, ſome whole pepper, a ſlice of lemon, ſome ſalt; ſtew this gently for an hour cloſe covered, then put to it a quart of good gravy; ſtew it gently for two hours longer, or till tender: take out the hare, rub half a ſpoonful of flour ſmooth in a little gravy, put it to the ſauce, boil it up; add kyan and ſalt, if neceſſary, and put in the hare. When hot through, ſerve it in a tureen diſh. It is an exceeding good diſh.

To hodge-podge a HARE. Take your hare and cut it in pieces as if you intended it for ſtewing, and put into the pitcher, with two or three onions, a little ſalt and pepper, a bunch of ſweet herbs, and a piece of butter; ſtop the pitcher very cloſe to prevent the ſteam from getting out, ſet it in a kettle full of boiling water, keep the kettle filled up as the water waſtes; let it ſtew four or five hours at leaſt. You may, when you firſt put the hare into the kettle, put in lettuce, cucumbers, celery, and turnips, if you like it better.

To jug a HARE. Cut your hare into little pieces, and lard them here and there with little ſlips of bacon; ſeaſon them with a little pepper and ſalt, and pour them into an earthen jug with a blade or two of mace, an onion ſtuck with cloves, and a bundle of ſweet herbs. Cover the jug cloſe, that nothing may get in; ſet it in a pot of boiling water, and three hours will do it; then turn it out into the diſh, take out the onion and ſweet herbs, and ſend it hot to table. As to the larding, you may omit it if you pleaſe.

Another way. Take the hare, and cut it as for eating, ſeaſon it with pepper, ſalt, and beaten mace, put it into

a jug

a jug or pitcher, with a cloſe top, put to it a bundle of ſweet herbs, and ſet it in a kettle of boiling water; let it ſtand till it is tender, then take it up, and pour the gravy into a toſſing pan, with a glaſs of red wine, one anchovy, a large onion ſtuck with cloves, a little beaten mace, and kyan pepper to your taſte; boil it a little, and thicken it. Diſh up your hare, and ſtrain the gravy over it, then ſend it up.

To haſh a HARE. Cut your hare into ſmall pieces; if any of the pudding is left, rub it ſmall into ſome gravy, to which put a glaſs of red wine, a little pepper and ſalt, an onion, a ſlice of lemon; toſs it up till hot through, take out the onion and lemon.

Another way. Cut it in ſmall pieces, and if you have any of the pudding left, rub it ſmall, and put to it a gill of red wine, the ſame quantity of water, half an anchovy chopped fine, an onion ſtuck with four cloves, and a quarter of a pound of butter rolled in flour; ſhake all theſe together over a ſlow fire till your hare is thoroughly hot, for it is a bad cuſtom to let any kind of haſh boil longer, as it hardens the meat. Send your hare to table in a deep diſh, but before you ſend it up, take out the onion, and lay ſippets round the diſh.

To collar a HARE. Bone a hare, and lard it with thick pieces of bacon, ſeaſoned with ſpices and ſalt; put a good force-meat in it, or not; roll it up very tight, and tie it well; braze it with ſlices of veal, half a pint of white wine, and a pint of broth; cover it over with ſlices of bacon. You may alſo put ſuch meat and other ſeaſoning to make a jelly of the braze after, and ſerve the hare cold with it, either whole or ſliced.

HARE *Cake.* Chop the fleſh of a hare very fine, take ſome bacon in dice about half the quantity, ſeaſon with pepper, a little ſalt, and ſpice, a green onion or two, and a morſel of ſhallot; mix all well together, and prepare a ſtewpan juſt wide enough, that it may cut in ſlices about two inches thick; line your bottom with thin bacon, and cover it with the ſame; pour in a ladle of broth, and a glaſs of red wine, ſome ſlices of carrot, onion, and herbs; let it ſimmer gently for two or three hours, take off the cover and let it cool; the next day take it out, and trim it nice round; pound ſome of the bacon it was ſtewed in, and when you ſerve it to table, ſpread it upon the top like ſugar upon a plum cake, and ſerve it to table upon a napkin. If it is well done, it will keep a fortnight for ſlices.

Veal cake may be done in the ſame manner, only inſtead of red wine put white, and do not cover it ſo much, but that every one at table may ſee what it is.

HARE CAKE *in jelly.* Having boned the hare, and picked out the ſinews, add an equal quantity of beef; chop theſe and pound them; add freſh muſhrooms, ſhallot, (and garlick if agreeable) ſweet herbs, pepper, and ſalt, two or three eggs; mix theſe with bacon and pickled cucumbers cut like dice, put it into a mould ſheeted with ſlices of bacon; cover it, bake in a moderate oven; when cold, turn it out. Lay over it the following jelly:—A pound and a half of ſcrag of veal, a ſlice of ham, two or three cloves, a little nutmeg, ſome ſweet herbs, a carrot or two, ſome ſhallots, two bay leaves, an ounce of iſinglaſs, with ſome beef broth; ſtew this till it will jelly, paſs it through a fine ſieve, then through a bag; add ſome lemon juice.

HARTS-

HARTSHORN.—See FLUMMERY *and* JELLIES.

HASH.---See CALVES HEAD, &c. &c.

HATLETS

Are proper for ſide diſhes, and are made as follows: firſt parboil veal ſweet-breads, and cut them into ſmall pieces, with livers of capons, and young ſtreaked bacon likewiſe parboiled; then ſeaſon all, and fry them with parſley, chibbols, and fine flour; and when they are almoſt ready, ſo that only a thin ſauce is left, make hatlets according to the bigneſs you would have them be, then dip them in the ſauce, and bread them well; they may be either broiled upon a gridiron or fried.

Hatlets are often uſed for garniſhing diſhes of roaſt meat.

HEAD-ACH.

Whatever obſtructs the free circulation of the blood through the veſſels of the head, may occaſion a head-ach. In perſons of a full habit, who abound with blood, or other humours, the head-ach very often proceeds from the ſuppreſſion of cuſtomary evacuations, as bleeding at the noſe, &c. It may likewiſe proceed from coldneſs of the extremities, or hanging down the head for a long time. Whatever prevents the return of the blood from the head, will likewiſe occaſion a head-ach; as looking

long obliquely at any object, wearing any thing tight about the neck, or the like.

When a head-ach proceeds from the ſtoppage of a running at the noſe, there is a heavy, obtuſe, preſſing pain in the fore part of the head, in which there ſeems to be ſuch a weight, that the patient can ſcarce hold it up.

Want of food will alſo occaſion head-achs, eſpecially in nurſes who give ſuck too long, or do not take a ſufficient quantity of ſolid food.

There is likewiſe a moſt violent fixed, conſtant, and almoſt intolerable head-ach, which occaſions great debility both of body and mind, prevents ſleep, deſtroys the appetite, cauſes a *vertigo*, dimneſs of ſight, a noiſe in the ears, convulſions, epileptic fits, and ſometimes vomiting, coſtiveneſs, coldneſs of the extremities; and is likewiſe a very common ſymptom in hyſteric and hypochondriac complaints.

In this diſeaſe the cool regimen in general is to be obſerved. The diet ought to conſiſt of ſuch emollient ſubſtances as will keep the body open; as apples boiled in milk, ſpinach, turnips, and ſuch like. The drink ought to be diluting, as barley water, infuſions of mild mucilaginous vegetables, decoctions of the ſudorific woods, &c. The feet and legs ought to be kept warm, and frequently bathed in luke-warm water; or in the aromatic bath, recommended vol. I. p. 55. The patient ought as much as poſſible to keep in an erect poſture, and not to lie with his head too low.

When the head-ach is owing to exceſs of blood, or an hot bilious conſtitution, bleeding is neceſſary, and the

the operation to be repeated if there be any occaſion. Cupping alſo, or the application of leeches to the temples and behind the ears, will be of ſervice. Afterwards a bliſtering plaſter may be applied to the neck, behind the ears, or to any part of the head that is moſt affected. In ſome caſes it will be proper to bliſter the whole head. In perſons of a groſs habit, iſſues or perpetual bliſters will be of ſervice. The body ought likewiſe to be kept open by gentle laxatives.

When the head-ach is occaſioned by the ſtoppage of a running at the noſe, the patient ſhould frequently ſmell to a bottle of volatile ſalts; he may likewiſe take ſnuff, or any thing that will irritate the noſe, ſo as to promote a diſcharge from it, as the herb maſtick, ground-ivy, &c.

A periodical head-ach is generally owing to a foulneſs of the ſtomach, for which gentle vomits muſt be adminiſtered, as alſo purges of rhubarb. After the bowels have been ſufficiently cleared, ſuch bitters as ſtrengthen the ſtomach will be neceſſary.

When the head-ach ariſes from a vitiated ſtate of the humours, as in the ſcurvy, the patient, after proper evacuations, muſt drink freely of the decoctions of woods, or the decoction of ſarſaparilla, with raiſins and liquorice. Theſe promote perſpiration, ſweeten the humours, and, if duly perſiſted in, will produce very happy effects. When a collection of matter is felt under the ſkin, it muſt be diſcharged by an inciſion, otherwiſe it will render the bone carious.

When the head-ach is ſo intolerable as to endanger the patient's life, or is attended with continual watching, delirium, &c. recourſe muſt be had to opiates. Theſe, after

after proper evacuations by clyſters, or mild purgatives, may be applied both externally and internally. The affected part may be rubbed with anodyne balſam, or a cloth dipped in it may be applied to the part. The patient may at the ſame time take twenty drops of laudanum, in a cup of valerian, or penny-royal tea, twice a-day. This is only to be done in caſe of extreme pain. Proper evacuations ought always to accompany and follow the uſe of opiates.

When the patient cannot bear the loſs of blood, his feet ought frequently to be bathed in luke-warm water, or ſome preparation ſimilar to the aromatic bath, and well rubbed with a coarſe cloth. Cataplaſms with muſtard, or horſe-radiſh, ought likewiſe to be applied to them. This courſe is peculiarly neceſſary, when the pain proceeds from a gouty humour, affecting the head.

When the head-ach is occaſioned by great heat, hard labour, or violent exerciſe of any kind, it may be allayed by cooling medicines; as the ſaline draughts with nitre, and the like.

A little of Ward's eſſence, or Hungary, or lavender water, dropt into the palm of the hand, and applied to the forehead, will ſometimes remove a violent head-ach: and ſo will æther, when applied in the ſame manner.

HEALTH.

Of all the bleſſings which mankind can enjoy, that of *a ſound mind in a healthful body* is the moſt deſireable, and without which, all others are nugatory. Many

things are doubtleſs neceſſary to the preſervation of health, and ſome of them are not always at command; but one of the moſt eſſential is always in our power---A REGULATION OF DIET, which is not of leſs conſequence to *preſerve* health, than to *cure* diſeaſe; its effects are not indeed always ſo quick as thoſe of medicine, but they are generally more laſting. On the other hand, it is neither ſo diſagreeable to the patient, nor ſo hazardous as medicine, and is always more eaſily obtained.

Though moderation be the chief rule with regard to the quantity, yet the quality of food merits a farther conſideration. Animal, as well as vegetable food, may be rendered unwholeſome by being kept too long. All animal ſubſtances have a natural tendency to putrefaction; and, when that has proceeded too far, they notonly become offenſive to the ſenſes, but hurtful to health.

Animals which feed groſsly, as tame ducks, hogs, &c. are neither ſo eaſily digeſted, nor afford ſuch wholeſome nouriſhment as others. No animal can be wholeſome that does not take ſufficient exerciſe. Moſt of our ſtalled cattle are crammed with groſs food, but not allowed exerciſe nor free air; by which means they indeed grow fat, but their humours not being properly prepared or aſſimilated, remain crude, and occaſion indigeſtions, and groſs humours, and oppreſſion of the ſpirits, in thoſe who feed upon them.

Animals are often rendered unwholſome by being over heated. Exceſſive heat cauſes a fever, exalts the animal ſalts, and mixes the blood ſo intimately with the fleſh, that it cannot be ſeparated. No perſon would chuſe to eat the fleſh of an animal who had died in a high fever; yet that is the caſe with all over drove cattle;

tle; and the fever is often raiſed even to the degree of madneſs.

No people in the world eat ſuch quantities of animal food as the Engliſh, which is one reaſon why they are ſo generally tainted with the ſcurvy, and its numerous train of conſequences; low ſpirits, hypochondriaciſm, &c. Animal food was ſurely deſigned for man, and, with a proper mixture of vegetables, it will be found the moſt wholeſome; but to gorge beef, mutton, pork, fiſh, and fowl, twice or thrice a-day, is certainly too much. All who value health ought to be contented with eating one meal of fleſh in the twenty-four hours, and this ought to conſiſt of one kind only.

Our aliment ought neither to be too moiſt nor too dry; moiſt aliments relax the ſolids, and render the body feeble. Thus we ſee females, who live much on tea, and other watery diet generally become weak, and unable to digeſt ſolid food. Hence proceed hyſterics, and all their dreadful conſequences; on the other hand, food that is too dry, renders the ſolids in a manner rigid, and the humours viſcid, which diſpoſes the body to inflammatory fevers, ſcurvies, and the like.

Much has been ſaid on the ill effects of tea in diet; they are, no doubt, numerous, but they proceed rather from the imprudent uſe of it, than from any bad qualities in the tea itſelf. Tea is now the univerſal breakfaſt in this part of the world; but the morning is ſurely the moſt improper time of the day for drinking it. Moſt delicate perſons, who, by the bye, are the greateſt tea drinkers, cannot eat any thing in the morning. If ſuch perſons, after faſting ten or twelve hours, drink four or five cups of tea, without eating almoſt any bread, it muſt

muſt hurt them. Good tea, taken in moderate quantity, not too ſtrong, nor too hot, nor drank upon an empty ſtomach, will ſeldom do harm; but if it be bad, which is often the caſe, or ſubſtituted in the room of ſolid food, it muſt have many ill effects.

The liquid part of our aliment likewiſe claims our attention. Water is not only the baſis of moſt liquors, but alſo compoſes a great part of our general food; good water muſt therefore be of the greateſt importance in diet. The beſt water is that which is moſt pure, and free from any mixture of foreign bodies.

The common methods of rendering water clear by filtration, or ſoft by expoſing it to the ſun and air, &c. are ſo generally known, that it is unneceſſary to expend time in explaining them. We ſhall only in general adviſe all to avoid waters which ſtagnate long in ſmall ponds, or the like, as ſuch waters often become putrid, by the corruption of animal and vegetable bodies with which they abound. Even cattle frequently ſuffer by drinking, in dry ſeaſons, water which has ſtood long in ſmall reſervoirs, without being ſupplied by ſprings, or freſhened with ſhowers. All wells ought to be kept clean, and to have a free communication with the air.

As fermented liquors, notwithſtanding they have been exclaimed againſt by many writers, ſtill continue to be the common drink of almoſt every perſon who can afford them, we ſhall rather endeavour to aſſiſt people in the choice of theſe liquors, than to pretend to condemn what cuſtom has ſo firmly eſtabliſhed; it is not the moderate uſe of ſound fermented liquors which hurt

mankind; it is exceſs, or uſing ſuch as are ill prepared or vitiated.

All families who can, ought to prepare their own liquors. Since preparing and vending of liquors became one of the moſt general branches of buſineſs, every method has been tried to adulterate them. The great object, both to the makers and venders of liquor, is to render it intoxicating. But it is well known that this may be done by other ingredients than thoſe which ought to be uſed for making it ſtrong: it would be imprudent even to name thoſe things which are daily made uſe of to render liquors heady. Suffice it to ſay, that the practice is very common, and that all the ingredients uſed for this purpoſe are of a narcotic or ſtupefactive nature. But as all opiates are of a poiſonous quality, it is eaſy to ſee what muſt be the conſequences of their general uſe. Though they do not kill ſuddenly, yet they hurt the nerves, relax and weaken the ſtomach, and ſpoil the digeſtion.

We would recommend it to families, not only to prepare their own liquors, but likewiſe their bread. Bread is ſo neceſſary a part of diet, that too much care cannot be beſtowed in order to have it ſound and wholeſome; for this purpoſe, it is not only neceſſary that it be made of good grain, but likewiſe properly prepared, and kept free from unwholſome ingredients. This, however, we have reaſon to believe, is not always the caſe with bread prepared by thoſe who make a trade of vending it; their object is rather to pleaſe the eye, than conſult the health.

Perſons whoſe ſolids are weak and relaxed, ought to avoid all viſcid food, or ſuch things as are hard of digeſtion,

geſtion. Their diet, however, ought to be nouriſhing; and they ſhould take plenty of exerciſe in the open air.

Such as abound with blood, ſhould be ſparing in the uſe of every thing that is highly nouriſhing, as fat meat, rich wines, ſtrong ale, and ſuch like. Their food ſhould conſiſt moſtly of bread and other vegetable ſubſtances; and their drink ought to be water, whey, or ſmall beer.

Fat people ſhould not eat freely of oily, nouriſhing diet; they ought frequently to uſe radiſh, garlic, ſpices, or ſuch things as are heating, and promote perſpiration and urine. Their drink ſhould be water, coffee, tea or the like; and they ought to take much exerciſe and little ſleep.

Thoſe who are too lean muſt follow an oppoſite courſe.

Such as are troubled with acidities, or whoſe food is apt to ſour on the ſtomach, ſhould live much on fleſh meats; and thoſe who are afflicted with hot alkaline eructations, ought to uſe a diet conſiſting chiefly of acid vegetables.

People who are affected with the gout, low ſpirits, hypochondriac, or hyſteric diſorders, ought to avoid all flatulent food, every thing that is viſcid or hard of digeſtion, all ſalted or ſmoke dried proviſions, and whatever is auſtere, acid, or apt to ſour on the ſtomach. Their food ſhould be light, ſpare, cool, and of an opening nature.

It is not only neceſſary for health that our diet be wholeſome, but alſo that it be taken at regular periods. Some imagine long faſting will atone for exceſs; but this, inſtead of mending the matter, generally makes it

worſe. When the ſtomach and inteſtines are over diſtended with food, they loſe their proper tone, and by long faſting, they become weak, and inflated with wind. Thus either gluttony or faſting deſtroys the powers of digeſtion.

The frequent repetition of aliment is not only neceſſary for repairing the continual waſte of our bodies, but likewiſe to keep the humours ſound and ſweet. Our humours, even in the moſt healthy ſtate, have a conſtant tendency to putrefaction, which can only be prevented by frequent ſupplies of freſh nouriſhment: when that is wanting too long, the putrefaction often proceeds ſo far, as to occaſion very dangerous fevers. From hence we may learn the neceſſity of regular meals. No perſon can enjoy a good ſtate of health, whoſe veſſels are either frequently overcharged, or the humours long deprived of freſh ſupplies of chyle.

Long faſting is extremely hurtful to young people; it not only vitiates their humours, but prevents their growth; nor is it leſs injurious to the aged. Moſt perſons, in the decline of life, are afflicted with wind. This complaint is not only increaſed, but even rendered dangerous, and often fatal, by long faſting. Old people, when their ſtomachs are empty, are frequently ſeized with giddineſs, head-achs, and faintneſs. The complaint may generally be removed by a bit of bread and a glaſs of wine, or taking any other ſolid food, which plainly points out the method of preventing them.

It is a very common practice to eat a light breakfaſt and a heavy ſupper. This cuſtom ought to be reverſed. When people ſup late, their ſupper ſhould be very light, but the breakfaſt ought always to be ſolid. If any one

one eats a light ſupper, goes ſoon to bed, and riſes betimes in the morning, he will be ſure to find an appetite for his breakfaſt, and he may freely indulge it.

The ſtrong and healthy do not indeed ſuffer ſo much from faſting, as the weak and delicate; but they run great hazard from its oppoſite, viz. repletion. Many diſeaſes, eſpecially fevers, are the effect of a too great fullneſs of the veſſels. Strong people, in high health, have generally a great quantity of blood and humours. When theſe are ſuddenly increaſed by an overcharge of rich and nouriſhing diet, the veſſels become too much diſtended, and obſtructions and inflammations enſue. Hence ſo many people are ſeized with inflammatory and eruptive fevers, after a feaſt or debauch.

All great and ſudden changes in diet are dangerous. What the ſtomach has been accuſtomed to digeſt, although leſs wholeſome, will agree better with it than food of a more ſalutary nature which it has not been uſed to. When therefore a change becomes neceſſary, it ought always to be made gradually; a ſudden tranſition from a poor and low, to a rich and luxurious diet, or the contrary, might ſo diſturb the functions of the body as to endanger health, or even to occaſion death.

In recommending regularity of diet, we would not be underſtood as condemning every ſmall deviation from it. It is next to impoſſible for people at all times to avoid ſome degree of exceſs, and living too much by rule might make even the ſmalleſt deviation dangerous. It may therefore be prudent to vary a little, ſometimes taking more, ſometimes leſs, than the uſual quantity of meat and drink, provided always that regard be had to moderation.

To

To the foregoing directions for the preſervation of health by attention to *Diet*, we have ſubjoined ſome excellent remarks on that ſubject from the works of the late Dr. FOTHERGILL; to this we are the more readily induced, as the volume from whence they are taken is not likely to fall into the hands of female readers.

Nothing is of ſo much conſequence to invalids, and the more delicate of both ſexes, as attention to quantity in diet. There are many people who ſeem to be poſſeſſed of ſuch powers of digeſtion as to be under no reſtraint on that account, and who never feel themſelves incommoded either with quantity or the moſt compound mixture of their food; they riſe from the moſt plentiful mixed and rich repaſts, without any kind of apparent uneaſineſs. But this is not the caſe with the generality, who are affected with inconvenience, ſome in one way, ſome another, by the unnatural load. And how often do we hear ſuch complaining of the ill effects of this or that particular kind of diet, when, perhaps, their ſufferings ariſe from the *quantity* of *all*, rather than the *diſagreement* of any.

It demands attention to obſerve that juſt medium, and no leſs reſolution to keep to it, which the ſtomach invariably points out in reſpect to quantity. The *how much* muſt be determined by every individual; and thoſe who are happy enough to abſtain at the firſt ſenſation of ſatiety, have made great progreſs in the art of maintaining ſuch a command of appetite, as, under moſt chronic indiſpoſitions, is one of the greateſt aids of recovery, and in health, is one of the ſureſt preſervatives againſt them.

A neglect of this attention to the quantity of food proportioned to the neceſſity of each individual, is ſooner or later followed with the moſt ſerious conſequences. To the ſtrong and robuſt inflammatory diſeaſes happen. To the more tender and delicate it is the parent of a numerous progeny of diſtempers affecting both body and mind; there is ſcarcely a malady, which either does not originate from this neglect of diet, or is not increaſed by it.

The cuſtoms of countries, in reſpect to meals, are different. Breakfaſt, dinner, and ſupper have been, in this country, habitual. Suppers, at preſent, are diſcouraged among the affluent; and exceſſive ones, ſuch as have been in uſe among our anceſtors, very probably with good reaſon; yet there are ſome conſtitutions to which this practice may not be beneficial; two very moderate meals, at a ſuitable diſtance, may perhaps be digeſted with much more eaſe than one full meal, and be made more conſiſtent with the duties of life in various ſituations. From obſervation I am led to ſuppoſe, when people aſſure us they eat no ſupper, that it would be better for them if they did, than to oppreſs nature with a cumbrous load, that may be much more detrimental.

The general breakfaſt of people, from the higheſt to the loweſt, is tea, coffee, or chocolate.

To theſe articles bread of ſome kind, with more or leſs butter and ſugar, are commonly joined to make up the meal. We are often aſked, and not improperly, what are our opinion of theſe articles reſpectively, in reſpect to their being more or leſs wholeſome. Perhaps the moſt pertinent anſwer in common would be that which is reported of the late Dr. Mandeville, of famous memory,

memory, who being often the convivial gueſt of the Earl of Macclesfield, was frequently interrogated on the ſubject of diet; Doctor, is this wholeſome? Does your Lordſhip like it? Yes. Does it agree with your Lordſhip? Yes. Why then it is wholeſome.

Perhaps this is the beſt direction that can be given, provided we can caution the inquirer againſt *the too much.*

From many inconteſtable proofs that *butter* in conſiderable quantities is injurious, it is leſs uſed in many families. It is found, by many, to be very difficult of digeſtion, eſpecially when toaſted before the fire, or fried, as well as in ſauces. Many people, apparently robuſt, and whoſe organs of digeſtion are ſtrong, often find themſelves much diſordered by large quantities of butter. Nothing more ſpeedily and effectually gives the ſick *head-ach*, and ſometimes within a very few hours. After breakfaſt, if much toaſt and butter has been uſed, it begins with a ſingular kind of glimmering in the ſight; objects ſwiftly changing their apparent poſition, ſurrounded with numerous angles, like thoſe of a fortification, giddineſs comes on, head-ach, and ſickneſs. An emetic and warm water ſoon waſh off the offending matter, and remove theſe diſorders; theſe are circumſtances that often happen to people who are inattentive to the quantity of butter they eat at breakfaſt, and which are very often attempted to be cured by very different remedies, and improper ones. A ſudden giddineſs, let it ariſe from what cauſe it may, and it ariſes oftener from ſome diſorder in the ſtomach than from all other cauſes put together, is a ſufficient motive to call the ſurgeon, who muſt have a large ſhare of diſintereſtedneſs and ſkill, not to be compelled to bleed the patient, ſometimes under circumſtances

ces that do not admit of it with impunity. A moderate quantity of freſh butter, with bread expoſed as little to the fire as poſſible, or not at all, but uſed cold, appears to me to be wholeſome; it is capable of becoming, with the other aliments, as ſoft, and inoffenſive chyle, perhaps as any part of diet.

The ſame thing may, perhaps, be ſaid of *coffee* as of *tea*; the heat, the ſtrength, and the quantity make it unwholeſome or otherwiſe. There are nations who almoſt live upon it, as others do on tea; amongſt neither do we meet with diſeaſes that can juſtly be aſcribed to theſe ingredients in the common courſe of living.

Chocolate may ſeem to require more conſideration. It is, as we all know, the fruit of a tree growing in the Weſt Indies, ground into a paſte with other ingredients, and ſerves as a repaſt to multitudes of people of all conditions. It has not been obſerved, I believe, that thoſe who in this manner make chocolate a part of their food, are ſubject to any particular diſtempers. It may be conſidered, therefore, as a wholeſome kind of breakfaſt to thoſe who like it, and with whom it agrees. It is of an unctuous nature, therefore little or no butter ſhould be uſed with it. Were it commonly made thinner than is the general practice, and a larger proportion of milk added, it would ſeem to be much more proper for common uſe, than as it is generally ſerved up at preſent.

To all theſe, ſugar is for the moſt part a neceſſary addition; and, perhaps, much depends on the quantity of this addition, whether they are to be ſtyled wholeſome or otherwiſe. Nothing is more common than to hear perſons complaining of the heart-burn after breakfaſt, aſcribing it to the tea, or the other articles they have

been drinkiing. The liquors themſelves have no ſhare, or very little, in producing this complaint: it ariſes from the bread, the butter, the ſugar, in conjunction; and is a proof that more of ſome of theſe, or all of them together, has been taken than the ſtomach could digeſt, and this circumſtance ought to be a ſtanding monitor againſt exceſs in quantity, even of things deemed the moſt inoffenſive.

Coffee, perhaps, is an exception to what was ſaid above, that the liquors themſelves have little or no ſhare in producing the heart-burn. Coffee made ſweet ſeldom fails to produce it; and it would be right to uſe as little ſugar with it as poſſible.

The effects of improper conduct, in reſpect to thoſe things which now conſtitute our breakfaſts, are of little conſequence, compared with thoſe which ariſe from the *well covered table* at noon. The indulgences of breakfaſts ſupply but very few materials for deſtruction. The repeated exceſſes at dinner, are ſerious affairs. It has been thought, that more people ſuffer by hard drinking, than immoderate eating; my obſervation leads me to take the oppoſite ſide. At preſent, indeed, the former practice is generally baniſhed to the vulgar; but whilſt it prevailed to the utmoſt, it ſeems to me that more were injured by *exceſs* of *diet*, than of *drinking*.

Though I think the quantity of food is a matter principally to be regarded, yet the *quality* is not a matter of indifference.

One of the firſt articles of diet I ſhall mention, is *bread*, and that only to ſay, that to digeſt it properly, if taken in conſiderable quantities, very ſtrong organs are requiſite. The huſbandman and labourer find no difficulties

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in this reſpect; but to many others, this is not the caſe. In weak ſtomachs, a large proportion of bread is indigeſtible; it turns ſour, produces the heart-burn, flatulencies, and interrupts the perfect concoction of every thing elſe. This is not owing to any ſuppoſed adulteration in common; nor do I believe bread is adulterated to ſuch a degree, as many imagine; but to its own nature, which requires organs of a certain ſtrength to aſſimilate it properly; and if not ſo aſſimilated it happens, as in many other caſes, the corruption of what is good makes it the worſt of all others.

On this principle I have endeavoured to inculcate the neceſſity of paying much attention to this capital article of diet to valetudinaries in general; never to abſtain from it wholly, but to uſe it with moderation; to conſider it as one of thoſe things which, ſparingly uſed, was extremely neceſſary and beneficial; if otherwiſe, the fruitful ſource of many complaints, which were little ſuſpected to ariſe from this cauſe.

In this country animal food of one kind or another conſtitutes the chief part of our nouriſhment. That there are ſome kinds of more eaſy, ſome of harder digeſtion than others, is well known to every body; yet I am inclined to think, there is ſcarcely any part of animal diet in uſe, that would not occaſionally be made to agree, that is, to be digeſted without much difficulty, if we were full as anxious in reſpect to *exceſs of quantity*, as the unſuitableneſs of the kind; at leaſt this opinion correſponds with my own obſervation and experience. If a perſon eats as much of ham, ſalted beef, or bacon, as he ought to do of fiſh or of chicken, he may ſuffer by it.

The article of *puddings*, on an Engliſh table, is an af-

fair of conſequence. After a plentiful dinner of animal food, rich ſweet puddings, deſerts, or even fruit, ſeem a very unnatural and improper addition; more eſpecially if the puddings are baked; for a little butter, long expoſed to the heat of an oven, becomes oftentimes a cauſe of much ſuffering.

Of *vegetables* it will be neceſſary to ſay ſomething. The rule in general is, to appeal to what beſt agrees, in this reſpect, with each particular conſtitution. I have only one ſhort caution to give on this head. Thoſe who think it neceſſary to pay any attention to their health at table, ſhould take care that the quantity of bread, and of meat, and of puddings, and of greens, ſhould not compoſe *each of them a meal*, as if ſome were only thrown in to make a weight; but carefully to obſerve, that the ſum of all together does not exceed due bounds, or encroach upon the firſt feelings of ſatiety.

In reſpect to *fruit*, I apprehend it is a moſt injurious practice to eat it, as is generally done, *after* a plentiful meal. There are ſome people who may be happy enough not to feel themſelves incommoded by any quantity they can take; but this is not the caſe with the generality, to whom I appeal for the proof of this aſſertion.

Fruit was given us for uſe, as well as pleaſure, to contribute to our health, not to hurt it. The forenoon ſeems of all others the moſt ſuitable ſeaſon, unleſs it is taken inſtead of a meal. This I believe is the cuſtom in many parts of the world, and ſeems moſt conſiſtent with health and right reaſon. This and another cuſtom which I believe prevails in France, I ſhould be glad to ſee introduced into England more generally, for ſome families have long been in the practice of it; which is

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to drink whatever may be neceſſary, what health or inclination requires, during the repaſt—and then to diſmiſs the bottle entirely.

It might ſeem not improper, in this place, to mention my opinion of the different kinds of liquors, reſpecting their comparative advantages.

The leſſer quantity of fermented liquors we accuſtom ourſelves to, the better.

To abſtain from *ſpirits* of *every* kind, however diluted, as much as may be.

Where mild, well brewed *beer* agrees, to keep it as beverage.

Where *water* does not diſagree, to value the privilege, and continue it.

In reſpect to *wine*, cuſtom, for the moſt part, will decide. The leſs the exceſs in quantity, the more conſiſtent with health and long life.

Punch is a favourite with many; if weak, in hot bilious conſtitutions, it ſeems not to be an unwholeſome compoſition. Like what has been ſaid of diet in general, ſo likewiſe it may be added in reſpect to liquors; it is the quantity in common, that does more harm than the kind; and people, eſpecially in the early part of life, cannot be too ſolicitous to ſhun the firſt temptations to the love of ſpirituous liquors.

There is another repaſt which, ſince the introduction of tea, is become a kind of neceſſary of life, and as much expected in every family as the other uſual meals themſelves. It may not, perhaps, be wholly improper to ſuggeſt ſome conſiderations reſpecting the uſe of tea and coffee after dinner. If we may judge from various circumſtances, from the time of dinner, digeſtion is perfor-

performing during the courſe of ſeveral hours. Whilſt that power, which we call nature, is performing this taſk, a ſecond is added, which, though of a lighter quality, adds to the quantity, and as it muſt be aſſimilated to the chyle now forming, is an additional burthen. To the robuſt this may appear trifling, it is not felt; but to thoſe who may be ſaid to be barely not valetudinary, it is a matter of ſome conſequence.

It is thought by many that tea aſſiſts digeſtion by the additional ſtimulus of its quality: it may excite the ſtomach and bowels to paſs the digeſting food ſooner than they otherwiſe would have done, and ſooner than the chyle is properly elaborated,—it may perhaps aſſiſt in carrying off flatulency and the food together. This, at leaſt, is my opinion of it; and I therefore think the perſons of whom I have been ſpeaking, ought to drink either tea orcoffee with great moderation; never to make it ſweet, coffee eſpecially; and to eat with it as ſeldom as poſſible; for either ſweet cakes of any kind, or butter in any proportion, rather retard digeſtion, than promote it. The only proper time to drink either tea or coffee, or any ſuch beverage, with ſafety or advantage, is to take it as ſoon after dinner as poſſible, and inſtead of ſitting down to the bottle.—This is one of thoſe cuſtoms, which, perhaps, might be adopted by us with fewer diſadvantages than many of the faſhions we receive from our neighbours. As on the due performance of digeſtion depends much of our health, eaſe, and proſpect of longevity; ſo we ought moſt ſtudiouſly to avoid every thing that has a probable chance of interrupting it.

I have proviſionally recommended ſuppers to the objects of theſe remarks; as thinking that nature can

effect that eaſily at twice, which at once would cauſe ſome degree of diſtreſs. I have had occaſion to remark to you, that the robuſt are not perfectly ſecure from the dangerous effects of a full meal.—Apoplexies, perhaps, proceed more frequently from this cauſe, than all the reſt put together. If perſons feel no injury from eating twice a day, neither from a meal ſufficient to ſerve the purpoſes of health taken at once, let them perſevere in the practice. Experience cautiouſly attended to, is moſt certainly the beſt guide.---From one cauſe or another, the practice appears to increaſe of abſtaining from ſuppers entirely, and is rather to be encouraged in the general; for thoſe who have but little command over themſelves at dinner, ought not to have the farther temptation to exceed what is right at a ſecond meal. Where diſcretion prevails, and eſpecially in perſons of buſineſs, where attention is required, the plan I have propoſed would ſeem more proper, to divide the meals; eſpecially ſuch whoſe occupations require the full and immediate exerciſe of every faculty.

HEART-BURN.

This is a very uneaſy ſenſation about the pit of the ſtomach, proceeding from weakneſs or the abundance of an acid humour; and perſons who are liable to this complaint ſhould avoid ſtale liquors, and all ſour, windy, and greaſy aliments, beſides abſtaining from exerciſe after a full meal:---fermented liquors, and ſugar, are very apt to produce this complaint.

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When the diſorder is cauſed by acidities in the ſtomach, the following *Lozenges* may be freely made uſe of, as the moſt effectual for the purpoſe, and free from the inconvenience that is often complained of in ſimilar preparations, namely, binding the belly, and to which chalk, and moſt preparations of oyſter ſhells are liable.

Take magneſia alba, ſix ounces; double refined ſugar, three ounces; nutmeg, one ſcruple; mix them together, and form them into lozenges with a ſolution of gum tragacanth.

When wind is the cauſe of the complaint, a medicine may be made by infuſing an ounce of rhubarb, and a quarter of an ounce of cardamon ſeeds, in a pint of brandy; digeſt this for two or three days, then ſtrain it, and add four ounces of white ſugar candy. A table ſpoonful may be taken occaſionally.---Or a ſmall glaſs of cinnamon or peppermint water, or good brandy, may be uſed when the diſorder ariſes from eating fat meat, or greaſy food of any kind.

When the heart-burn ariſes from bilious humours, a tea-ſpoonful of the ſweet ſpirits of nitre, in a glaſs of water or a cup of tea, will generally give eaſe.

The Peruvian bark, and any of the ſtomachic bitters, are highly uſeful.

HERRINGS.

To boil HERRINGS. The propereſt time for boiling herrings, which however is not a general way, is when they come before and at the beginning of the mackerel ſeaſon;

ſeaſon; they are by many people reckoned better than when full of roe; the fleſh is much poorer than at this ſeaſon when their breeding time is over, and they have had time to recover their fleſh.

Clean half a dozen herrings, and throw them into a pan of cold water, ſtir them about, and change the water once; ſet on a ſtewpan, with water enough to cover them, ſome ſalt, and a little vinegar. When the water boils, put in the herrings; when they are enough, lay them on a fiſh plate, in a warm diſh. Sauce—fennel boiled and chopped ſmall, with melted butter.

Another way. Scale, gut, and waſh your herrings; dry them clean, and rub them over with a little vinegar and ſalt; ſkewer them with their tails in their mouth, and lay them on your fiſh plate. When your water boils put them in, they will take ten or twelve minutes boiling. When you take them up, drain them over the water, then turn the heads into the middle of your diſh. Lay round them ſcraped horſe-radiſh, parſley and butter for ſauce.

But the moſt general way of dreſſing herrings is to broil or fry them with melted butter.

To fry HERRINGS. Scale them, gut them, cut off their heads, waſh them clean, dry them in a cloth, flour them, and fry them in butter. Have ready a good many onions peeled and cut thin. Fry them of a light brown with the herrings. Lay the herrings in your diſh, and the onions round; butter and muſtard in a cup. You muſt do them with a quick fire.

Another way. Scale, clean, and dry them well; duſt them with flour; and when your dripping or butter is

boiling hot, put in your fiſh, a few at a time; fry them over a briſk fire. When you have fried them all, ſet the tails one up againſt another in the middle of the diſh: then fry a large handful of parſley criſp, take it out before it loſes its colour, lay it round them, and parſley ſauce in a boat; or, if you like onions better, fry them, lay ſome round your diſh and make onion-ſauce for them.

HERRINGS *with Muſtard Sauce.* Gut and wipe the herrings very clean. Melt ſome butter; add chopped parſley, ſhallots, green onions, pepper, and ſalt. Dip the herrings in this, and roll them in bread crumbs, then broil them, and ſerve them with a ſauce made of melted butter, flour, broth, vinegar, pepper, and ſalt. When ready to ſerve, add muſtard according to judgement.

To bake HERRINGS. Having well cleaned your herrings, take a little black and Jamaica pepper, a few cloves, and a good deal of ſalt; mix them together, then rub it all over the fiſh, lay them ſtraight in a pot, cover them with allegar, tie ſtrong paper over the pot, and bake them in a moderate oven. If your allegar is good, they will keep two or three months. You may eat them either hot or cold.

HICCUP.

A glaſs of good wine, or a ſmall quantity of any good ſpirits, will generally remove this complaint. Or a ſingle drop of chymical oil of cinnamon, dropped on a knob of ſugar, and diſſolved leiſurely in the mouth, is very efficacious. In very ſevere caſes, a vomit may be neceſſary; or the ſtomach may be fomented with cloths

cloths dipped in warm water, or an infuſion of camomile flowers.

HOG's-HEAD.—See PORK.

HOOPING, OR CHIN COUGH.

One of the moſt effectual remedies in the chin cough is change of air. This often removes the malady, even when the change ſeems to be from a purer, to a leſs wholeſome air. This may, in ſome meaſure, depend on the patient's being removed from the place where the infection prevails. Moſt of the diſeaſes of children are infectious; nor is it at all uncommon to find the chin cough prevailing in one town or village, when another, at a very ſmall diſtance, is quite free from it. But whatever be the cauſe, we are ſure of the fact. No time ought, therefore, to be loſt in removing the patient to ſome diſtance from the place where he caught the diſeaſe, and, if poſſible, into a more pure and warm air.

The garlic ointment is a well known remedy in North Britain for the chin cough. It is made by beating in a mortar, garlic, with an equal quantity of hog's lard. With this the ſoles of the feet may be rubbed twice or thrice a-day; but the beſt method is to ſpread it upon a rag, and apply it in the form of a plaſter. It ſhould be renewed every night and morning at leaſt, as the garlic ſoon loſes its virtue.

Wood-lice, or millipedes, infuſed in wine and water, are alſo much recommended:---Take one ounce of millipedes dried and powdered; wine and water, each a quarter of a pint, let it ſtand about twelve hours, pour it off quite bright, and give two tea ſpoonfuls three or four times a-day. And if the coughing fits are extremely violent, this infuſion may be ſweetened with a tea ſpoonful of ſyrup of poppies in each doſe; or may have the addition of five drops of laudanum for a very young child, and more in proportion to age.

Bathing the feet in warm water, or rather in the *aromatic bath*; as alſo bliſters, in violent caſes, have produced much good.

The food of new-born infants, or indeed until they are five or ſix months old, will admit of very little alteration. When the hooping cough attacks thoſe who are weaned, great care ſhould be taken ſo to regulate their diet, as not to admit the uſe of any thing that may increaſe the load of phlegm: butter, in particular, ſhould be avoided; bran tea, or weak whey made with any acid, and ſweetened with honey, may be the common drink; or, indeed, tea made from any of the pectoral herbs, ſuch as pennyroyal, hyſſop, or the leaves and roots of the common mallow.

When the diſeaſe proves violent, and the patient is in danger of being ſuffocated by the cough, he ought to be bled, eſpecially if there be a fever, with a hard, full pulſe. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more ſafe to give vomits, it will be ſeldom neceſſary to repeat the operation.

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The beſt and moſt eaſy way to excite vomiting, is to diſſolve one grain of emetic tartar in two ounces of water, and give a tea ſpoonful at a time, at the diſtance of half an hour, till it procures a diſcharge.

The body ought to be kept gently open. The beſt medicines for this purpoſe are rhubarb and its preparations, as the ſyrup, tincture, &c. Of theſe a tea ſpoonful or two may be given to an infant twice or thrice a-day, as there is occaſion; to ſuch as are farther advanced, the doſe muſt be proportionally increaſed, and repeated till it has the deſired effect. Thoſe who cannot be brought to take the bitter tincture, may have an infuſion of ſenna and prunes, ſweetened with manna, coarſe ſugar, or honey; or a few grains of rhubarb mixed with a tea ſpoonful or two of ſyrup, or currant jelly, ſo as to diſguiſe the taſte. Moſt children are fond of ſyrups and jellies, and ſeldom refuſe a diſagreeable medicine when mixed with them.

No expreſs reliance muſt be placed on a change of air, independent of attention to other regulations.

HOUSE-KEEPER.

The ſtation of houſe-keeper is ſo frequently joined with other employments in the family, that it may not be eaſy to point out the duties of any perſon in that line, when engaged to act alſo in other capacities, as for inſtance, houſe-keeper and lady's maid, or houſe-keeper and cook, &c. but we will endeavour to give the outlines of what may properly be expected from a perſon who takes the whole ſuperintendance of a family, and

in

in whom, of courſe, great truſt is repoſed, ſhe being reſponſible to the maſter, miſtreſs, or head ſteward, according to the orders which ſhe may have received.

She muſt be well acquainted with the buſineſs of a cook and confectioner, before ſhe can be duly qualified for her own; and muſt know how to order and keep a good economy throughout the whole family.

At her firſt entrance upon duty, ſhe ſhould draw up a general account of all things committed to her charge by her employer, whoſe orders ſhe is to follow in every particular; ſhe ſhould keep a good underſtanding with the cook and other inferior ſervants, by ſupplying them regularly with all neceſſaries; and then give in a full account of all, which account ſhe muſt keep ready to produce when called for.

It is her buſineſs to provide good ſervants for the kitchen, and to change them, and tradeſmen alſo, whenever they are found unfit for their buſineſs, or negligent in it; without particular care in this reſpect, ſhe can never do juſtice.

She muſt take care to lay in all neceſſaries in due time, and give every ſervant what he may want, with this proviſo, however, that ſhe grant nothing unreaſonable. She is to bargain with all tradeſmen whatever, who ſupply the family with eatables.

She muſt be a judge of butcher's meat, and make an agreement in writing, at ſo much a pound, whether beef, mutton, or veal, for the whole year; taking care to ſee all weighed, and keep a memorandum thereof.

In like manner, let her bargain with the poulterer to be ſerved yearly or quarterly, at ſo much a piece, for tame as well as for wild fowl; ſhe muſt duly inform her-

ſelf of the market prices of every thing in its proper ſeaſon, for the ſake of her employer's intereſt.

She muſt take the ſame method with the cheeſemonger, in order to be better ſupplied with larding bacon, with hams, &c. hog's-lard, ſauſages, chitterlings, neats tongues, and whatever is requiſite for ſide diſhes.

She muſt be a good judge of fiſh of all kinds, both of ſalt and freſh water, and of all ſorts of fruit and herbs; all which neceſſarily imply a previous knowledge of cookery and confectionary.

It is likewiſe her buſineſs to agree with the grocer, chandler, and oilman, for ſugar, ſpices, candles, links, oil, &c. as alſo to provide ſalt, pepper, cloves, nutmegs, &c. Alſo flour, butter, and cheeſe; and in a word, every thing wanting in the kitchen and offices.

All the kitchen furniture fall likewiſe under her care, which ſhe muſt ſee mended or ſupplied, when neceſſary.

A houſe-keeper muſt be able alſo to form the plan of an entertainment, to draw up a bill of fare, and to order the courſes for every different table; ſhe ſhould know what is moſt liked of all ſorts of entries, ſoups, roaſt diſhes, and ſide ones, otherwiſe it will be impoſſible for her to make a bill of fare as it ought to be. So that, here again, ſome ſkill in the cook and confectioner's arts is requiſite, unleſs ſhe will be always aſking advice of them. When any great entertainment is to be made, it is her buſineſs to take her precautions accordingly, inquiring of the butcher, poulterer, &c. what they have by them, that ſhe may provide the beſt of every thing.

When an entertainment is to be made, ſhe ought to be informed of the number of gueſts, in order to lay out the

the table in a proper manner; and order the diſhes ſo that no two of the ſame ſort may be near one another; for, beſides that this has an ill appearance, it might confine ſome of the company to what they do not like.

She ought to form a regular plan of the whole entertainment, and make a draught of each courſe, as well as the deſert; ranging every one in its proper place, obſerving well the ſizes of the diſhes, and what they are to contain; and if the family ſervants are not ſufficient, ſhe will call in aſſiſtance on whom ſhe can depend, that every thing may be done in good order, and nothing loſt or deſtroyed.

The form of the table ought likewiſe to be conſidered, in order for ranging of the plates and diſhes in ſuch a manner, that every perſon may come at what he likes; and that the waiters may not be forced to diſturb the company, in ſerving or taking away; a circumſtance that is ſhocking, and yet this happens but too often, for want of taking proper care beforehand.

As an ill-attended or ill-ſerved table is always a cauſe of cenſure on the maſter of the family, ſhe muſt never fail to have the table covered in good time, and ſee every thing in readineſs and well arranged before the company is announced; and whoever of the ſervants waits at table, will inform her when any thing is found fault with, and alſo what gave ſatisfaction, that ſhe may avoid future errors, and continue to pleaſe.

When the laſt courſe is ſerved up, ſhe muſt prepare to range the deſert in the manner in which it is to be ſerved; and then go to the kitchen to ſee what is come from table; and if any articles will ſerve another time, they ought to be taken care of, and locked up, the reſt given to the ſervants.

SPE-

SPECIMEN OF A HOUSE-KEEPING BOOK.

	Mond. 1. £. s. d.	Tueſd. 2. £. s. d.	Wed. 3. £. s. d.	Thurſ. 4. £. s. d.	Frid. 5. £. s. d.	Sat. 6. £. s. d.	Sund. 7. £. s. d.
Beer and Cyder							
Bread							
Butter							
Candles							
Cheeſe							
Cloaths							
Coals and Wood							
Eggs and Milk							
Fiſh							
Flour							
Fruit							
Garden-ſtuff							
Meat							
Oil, Vinegar, Pepper, Spice and Muſtard							
Poultry							
Rent, Repairs and Taxes							
Rum and Brandy							
Salt							
Servants Wages							
Soap, Starch, &c.							
Sugar							
Tea, Coffee, &c.							
Waſhing							
Wine							
Sundries							
Each Day's Expences.							

Monday
Tueſday
Wedneſday
Thurſday
Friday
Saturday

1ſt Week's Expences.

SPECIMEN OF THE LAST PAGE OF THE HOUSE-KEEPING BOOK, FOR A GENERAL STATEMENT IN THE YEAR.

		£.	s.	d.
January.	1st Week, *Jan.*			
	2d Week, -			
	3d Week, -			
	4th Week, -			
February.	5th Week, *Feb.*			
	6th Week -			
	7th Week -			
	8th Week -			
March.	9th Week, *Mar.*			
	10th Week -			
	11th Week -			
	12th Week -			
	13th Week -			
April.	14th Week, *April*			
	15th Week -			
	16th Week -			
	17th Week -			
May.	18th Week, *May*			
	19th Week -			
	20th Week -			
	21st Week -			
June.	22d Week, *June*			
	23d Week			
	24th Week -			
	25th Week -			
	26th Week -			
	Carried on £.			

		£.	s.	d.
	Brought up			
July.	27th Week, *July*			
	28th Week -			
	29th Week -			
	30th Week -			
August.	31st Week, *Aug.*			
	32d Week -			
	33d Week -			
	34th Week -			
	35th Week -			
September.	36th Week, *Sept.*			
	37th Week -			
	38th Week -			
	39th Week -			
October.	40th Week, *Oct.*			
	41st Week -			
	42d Week -			
	43d Week -			
November.	44th Week, *Nov.*			
	45th Week -			
	46th Week -			
	47th Week -			
	48th Week -			
December.	49th Week, *Dec.*			
	50th Week -			
	51st Week -			
	52d Week -			
	Dec.			

Total Expences of the whole Year. £.

Shewing at one View the Account of any Commodity, from One Pound, Ounce, Yard, &c. to One Hundred; and from One Farthing to One Shilling.

No. of lbs. &c.	1 Farth. s. d.	2 Farths. s. d.	3 Farths. s. d.	1 Penny s. d.	1 Penny ¼ s. d.	1 Penny ½ s. d.
2	0 0½	0 1	0 1½	0 2	0 2½	0 3
3	0 0¾	0 1½	0 2¼	0 3	0 3¾	0 4½
4	0 1	0 2	0 3	0 4	0 5	0 6
5	0 1¼	0 2½	0 3¾	0 5	0 6¼	0 7½
6	0 1½	0 3	0 4½	0 6	0 7½	0 9
7	0 1¾	0 3½	0 5¼	0 7	0 8¾	0 10½
8	0 2	0 4	0 6	0 8	0 10	1 0
9	0 2¼	0 4½	0 6¾	0 9	1 11¼	1 1½
10	0 2½	0 5	0 7½	0 10	1 0¼	1 3
11	0 2¾	0 5½	0 8¼	0 11	1 1¼	1 4½
12	0 3	0 6	0 9	1 0	1 3	1 6
13	0 3¼	0 6½	0 9¾	1 1	1 4¼	1 7½
14	0 3½	0 7	0 10½	1 2	1 5½	1 9
15	0 3¾	0 7½	0 11¼	1 3	1 6¼	1 10½
16	0 4	0 8	1 0	1 4	1 8	2 0
17	0 4¼	0 8½	1 0¾	1 5	1 9¼	2 1½
18	0 4½	0 9	1 1½	1 6	1 10½	2 3
19	0 4¾	0 9½	1 2¼	1 7	1 11¾	2 4½
20	0 5	0 10	1 3	1 8	2 1	2 6
21	0 5¼	0 10½	1 3¾	1 9	2 2¼	2 7½
22	0 5½	0 11	1 4½	1 10	2 3½	2 9
23	0 5¾	0 11½	1 5¼	1 11	2 4¼	2 10½
24	0 6	1 0	1 6	2 0	2 6	3 0
25	0 6¼	1 0½	1 6¾	2 1	2 7¼	3 1½
26	0 6½	1 1	1 7½	2 2	2 8½	3 3
27	0 6¾	1 1½	1 8¼	2 3	2 9¾	3 4½
[28*	0 7	1 2	1 9	2 4	2 11	3 6
29	0 7¼	1 2½	1 9¾	2 5	3 0¼	3 7½
30	0 7½	1 3	1 10½	2 6	3 1½	3 9
31	0 7¾	1 3½	1 11¼	2 7	3 2¾	3 10½
32	0 8	1 4	2 0	2 8	3 4	4 0
33	0 8¼	1 4½	2 0¾	2 9	3 5¼	4 1½
34	0 8½	1 5	2 1½	2 10	3 6½	4 3
35	0 8¾	1 5½	2 2¼	2 11	3 7¾	4 4½
36	0 9	1 6	2 3	3 0	3 9	4 6
37	0 9¼	1 6½	2 3¾	3 1	3 10¼	4 7½
38	0 9½	1 7	2 4½	3 2	3 11½	4 9
39	0 9¾	1 7½	2 5¼	3 3	4 0¼	4 10½
40	0 10	1 8	2 6	3 4	4 2	5 0
41	0 10¼	1 8½	2 6¾	3 5	4 3¼	5 1½
42	0 10½	1 9	2 7½	3 6	4 4½	5 3
43	0 10¾	1 9½	2 8¼	3 7	4 5¾	5 4½
44	0 11	1 10	2 9	3 8	4 7	5 6
45	0 11¼	1 10½	2 9¾	3 9	4 8¼	5 7½
46	0 11½	1 11	2 10½	3 10	4 9½	5 9
47	0 11¾	1 11½	2 11¼	3 11	4 10¾	5 10½
48	1 0	2 0	3 0	4 0	5 0	6 0
49	1 0¼	2 0½	3 0¾	4 1	5 1¼	6 1½
50	1 0½	2 1	3 1½	4 2	5 2½	6 3
51	1 0¾	2 1½	3 2¼	4 3	5 3¾	6 4½
52	1 1	2 2	3 3	4 4	5 5	6 6
53	1 1¼	2 2½	3 3¾	4 5	5 6¼	6 7½
54	1 1½	2 3	3 4½	4 6	5 7½	6 9
55	1 1¾	2 3½	3 5¼	4 7	5 8¾	6 10½
[56†	1 2	2 4	3 6	4 8	5 10	7 0
[84‡	1 9	3 6	5 3	7 0	8 9	10 6
[100	2 1	4 2	6 3	8 4	10 5	12 6
[112‖	2 4	4 8	7 0	9 4	11 8	14 0

* Quarter of the Great Hundred.
† Half of the Great Hundred.
‡ Three Quarters of the Great Hundred.
‖ The Great Hundred Weight.

FROM ONE PENNY THREE FARTHINGS TO THREE PENCE per lb.

No. of lbs. &c.	1 Penny ¾ s.	d.	2 Pence. s.	d	2 Pence ¼ l.	s.	d.	2 Pence ½ l.	s.	d.	2 Pence ¾ l.	s.	d.	3 Pence. l.	s.	d.
2	0	3½	0	4	0	0	4½	0	0	5	0	0	5¼	0	0	6
3	0	5¼	0	6	0	0	6¾	0	0	7½	0	0	8¼	0	0	9
4	0	7	0	8	0	0	9	0	0	10	0	0	11	0	1	0
5	0	8¾	0	10	0	0	11¼	0	1	0¼	0	1	1¾	0	1	3
6	0	10½	1	0	0	1	1½	0	1	3	0	1	4¼	0	1	6
7	1	0¼	1	2	0	1	3¾	0	1	5¼	0	1	7¼	0	1	9
8	1	2	1	4	0	1	6	0	1	8	0	1	10	0	2	0
9	1	3¾	1	6	0	1	8¼	0	1	10½	0	2	0¾	0	2	3
20	1	5½	1	8	0	1	10½	0	2	1	0	2	3½	0	2	6
11	1	7¼	1	10	0	2	0¾	0	2	3½	0	2	6¼	0	2	9
12	1	9	2	0	0	2	3	0	2	6	0	2	9	0	3	0
13	1	10¾	2	2	0	2	5¼	0	2	8½	0	2	11¾	0	3	3
14	2	0½	2	4	0	2	7½	0	2	11	0	3	2½	0	3	6
15	2	2¼	2	6	0	2	9¾	0	3	1½	0	3	5¼	0	3	9
16	2	4	2	8	0	3	0	0	3	4	0	3	8	0	4	0
17	2	5¾	2	10	0	3	2¼	0	3	6½	0	3	10¾	0	4	3
18	2	7½	3	0	0	3	4½	0	3	9	0	4	1½	0	4	6
19	2	9¼	3	2	0	3	6¾	0	3	11½	0	4	4¼	0	4	9
20	2	11	3	4	0	3	9	0	4	2	0	4	7	0	5	0
21	3	0¾	3	6	0	3	11¼	0	4	4½	0	4	9¾	0	5	3
22	3	2½	3	8	0	4	1½	0	4	7	0	5	0½	0	5	6
23	3	4¼	3	10	0	4	3¾	0	4	9½	0	5	3¼	0	5	9
24	3	6	4	0	0	4	6	0	5	0	0	5	6	0	6	0
25	3	7¾	4	2	0	4	8¼	0	5	2½	0	5	8¾	0	6	3
26	3	9½	4	4	0	4	10½	0	5	5	0	5	11½	0	6	6
27	3	11¼	4	6	0	5	0¾	0	5	7½	0	6	2¼	0	6	9
28	4	1	4	8	0	5	3	0	5	10	0	6	5	0	7	0
29	4	2¾	4	10	0	5	5¼	0	6	0½	0	6	7¾	0	7	3
30	4	4½	5	0	0	5	7½	0	6	3	0	6	10½	0	7	6
31	4	6¼	5	2	0	5	9¾	0	6	5½	0	7	1¼	0	7	9
32	4	8	5	4	0	6	0	0	6	8	0	7	4	0	8	0
33	4	9¾	5	6	0	6	2¼	0	6	10½	0	7	6¾	0	8	3
34	4	11½	5	8	0	6	4½	0	7	1	0	7	9½	0	8	6
35	5	1¼	5	10	0	6	6¾	0	7	3½	0	8	0¼	0	8	9
36	5	3	6	0	0	6	9	0	7	6	0	8	3	0	9	0
37	5	4¾	6	2	0	6	11¼	0	7	8½	0	8	5¾	0	9	3
38	5	6½	6	4	0	7	1½	0	7	11	0	8	8¼	0	9	6
39	5	8¼	6	6	0	7	3¾	0	8	1½	0	8	11¼	0	9	9
40	5	10	6	8	0	7	6	0	8	4	0	9	2	0	10	0
41	5	11¾	6	10	0	7	8¼	0	8	6½	0	9	4¾	0	10	3
42	6	1½	7	0	0	7	10½	0	8	9	0	9	7½	0	10	6
43	6	3¼	7	2	0	8	0¾	0	8	11½	0	9	10¼	0	10	9
44	6	5	7	4	0	8	3	0	9	2	0	10	1	0	11	0
45	6	6¾	7	6	0	8	5¼	0	9	4½	0	10	3¾	0	11	3
46	6	8½	7	8	0	8	7½	0	9	7	0	10	6½	0	11	6
47	6	10¼	7	10	0	8	9¾	0	9	9½	0	10	9¼	0	11	9
48	7	0	8	0	0	9	0	0	10	0	0	11	0	0	11	0
49	7	1¾	8	2	0	9	2¼	0	10	2½	0	11	2¾	0	12	3
50	7	3½	8	4	0	9	4½	0	10	5	0	11	5½	0	12	6
51	7	5¼	8	6	0	9	6¾	0	10	7½	0	11	8¼	0	12	9
52	7	7	8	8	0	9	9	0	10	10	0	11	11	0	13	0
53	7	8¾	8	10	0	9	11¼	0	11	0½	0	12	1¾	0	13	3
54	7	10½	9	0	0	10	1½	0	11	3	0	12	4½	0	13	6
55	8	0¼	9	2	0	10	3¾	0	11	5½	0	12	7¼	0	13	9
56	8	2	9	4	0	10	6	0	11	8	0	12	10	0	14	0
84	12	3	14	0	0	15	9	0	17	6	0	19	3	1	1	0
100	14	7	16	8	0	18	9	1	0	10	1	2	11	1	5	0
112	16	4	18	8	1	1	0	1	3	4	1	5	8	1	8	0

FROM THREE PENCE FARTHING TO FOUR PENCE HALFPENNY per lb.

No. of lbs. &c.	3 Pence ¼ l.	s.	d.	3 Pence ½ l.	s.	d.	3 Pence ¾ l.	s.	d.	4 Pence l.	s.	d.	4 Pence ¼ l.	s.	d.	4 Pence ½ l.	s.	d.
2	0	0	6½	0	0	7	0	0	7½	0	0	8	0	0	8½	0	0	9
3	0	0	9¾	0	0	10½	0	0	11¼	0	1	0	0	1	0¾	0	1	1½
4	0	1	1	0	1	2	0	1	3	0	1	4	0	1	5	0	1	6
5	0	1	4¼	0	1	5½	0	1	6¾	0	1	8	0	1	9¼	0	1	10½
6	0	1	7½	0	1	9	0	1	10½	0	2	0	0	2	1½	0	2	3
7	0	1	10¾	0	2	0½	0	2	2¼	0	2	4	0	2	5¾	0	2	7½
8	0	2	2	0	2	4	0	2	6	0	2	8	0	2	10	0	3	0
9	0	2	5¼	0	2	7½	0	2	9¾	0	3	0	0	3	2¼	0	3	4½
10	0	2	8½	0	2	11	0	3	1¼	0	3	4	0	3	6¼	0	3	9
11	0	2	11¼	0	3	2½	0	3	5¼	0	3	8	0	3	10¼	0	4	1½
12	0	3	3	0	3	6	0	3	9	0	4	0	0	4	3	0	4	6
13	0	3	6¼	0	3	9½	0	4	0¼	0	4	4	0	4	7¼	0	4	10½
14	0	3	9½	0	4	1	0	4	4½	0	4	8	0	4	11½	0	5	3
15	0	4	0¾	0	4	4½	0	4	8¼	0	5	0	0	5	3¾	0	5	7½
16	0	4	4	0	4	8	0	5	0	0	5	4	0	5	8	0	6	0
17	0	4	7¼	0	4	11½	0	5	3¼	0	5	8	0	6	0¼	0	6	4½
18	0	4	10½	0	5	3	0	5	7½	0	6	0	0	6	4¼	0	6	9
19	0	5	1¼	0	5	6½	0	5	11¼	0	6	4	0	6	8¼	0	7	1½
20	0	5	5	0	5	10	0	6	3	0	6	8	0	7	1	0	7	6
21	0	5	8¼	0	6	1½	0	6	6¼	0	7	0	0	7	5¼	0	7	10½
22	0	5	11½	0	6	5	0	6	10¼	0	7	4	0	7	9¼	0	8	3
23	0	6	2¾	0	6	8½	0	7	2¼	0	7	8	0	8	1¼	0	8	7½
24	0	6	6	0	7	0	0	7	6	0	8	0	0	8	6	0	9	0
25	0	6	9¼	0	7	3½	0	7	9¾	0	8	4	0	8	10½	0	9	4½
26	0	7	0½	0	7	7	0	8	1½	0	8	8	0	9	2¼	0	9	9
27	0	7	3¾	0	7	10½	0	8	5¼	0	9	0	0	9	6¼	0	10	1½
[28	0	7	7	0	8	2	0	8	9	0	9	4	0	9	11	0	10	6
29	0	7	10¼	0	8	5½	0	9	0¾	0	9	8	0	10	3¼	0	10	10½
30	0	8	1½	0	8	9	0	9	4¼	0	10	0	0	10	7¼	0	11	3
31	0	8	4¾	0	9	0½	0	9	8¼	0	10	4	0	10	11¼	0	11	7½
32	0	8	8	0	9	4	0	10	0	0	10	8	0	11	4	0	12	0
33	0	8	11¼	0	9	7½	0	10	3¾	0	11	0	0	11	8¼	0	12	4½
34	0	9	2¾	0	9	11	0	10	7½	0	11	4	0	12	0¼	0	12	9
35	0	9	5¾	0	10	2½	0	10	11¼	0	11	8	0	12	4¾	0	13	1½
36	0	9	9	0	10	6	0	11	3	0	12	0	0	12	9	0	13	6
37	0	10	0¼	0	10	9½	0	11	6¾	0	12	4	0	13	1¼	0	13	10½
38	0	10	3½	0	11	1	0	11	10½	0	12	8	0	13	5½	0	14	3
39	0	10	6¾	0	11	4½	0	12	2¼	0	13	0	0	13	9¼	0	14	7½
40	0	10	10	0	11	8	0	12	6	0	13	4	0	14	2	0	15	0
41	0	11	1¼	0	11	11½	0	12	9¾	0	13	8	0	14	6¼	0	15	4½
42	0	11	4½	0	12	3	0	13	1½	0	14	0	0	14	10½	0	15	9
43	0	11	7¾	0	12	6¼	0	13	5¼	0	14	4	0	15	2¾	0	16	1½
44	0	11	11	0	12	10	0	13	9	0	14	8	0	15	7	0	16	6
45	0	12	2¼	0	13	1½	0	14	0¾	0	15	0	0	15	11¼	0	16	10½
46	0	12	5½	0	13	5	0	14	4½	0	15	4	0	16	3¼	0	17	3
47	0	12	8¾	0	13	8½	0	14	8¼	0	15	8	0	16	7¼	0	17	7½
48	0	13	0	0	14	0	0	15	0	0	16	0	0	17	0	0	18	0
49	0	13	3¼	0	14	3½	0	15	3¾	0	16	4	0	17	4¼	0	18	4½
50	0	13	6¼	0	14	7	0	15	7½	0	16	8	0	17	8¼	0	18	9
51	0	13	9¾	0	14	10½	0	15	11¼	0	17	0	0	18	0¾	0	19	1½
52	0	14	1	0	15	2	0	16	3	0	17	4	0	18	5	0	19	6
53	0	14	4¼	0	15	5½	0	16	6¾	0	17	8	0	18	9¼	0	19	10½
54	0	14	7½	0	15	9	0	16	10¼	0	18	0	0	19	1¼	1	0	3
55	0	14	10¾	0	16	0½	0	17	2¾	0	18	4	0	19	5¾	1	0	7½
[56	0	15	2	0	16	4	0	17	6	0	18	8	0	19	10	1	1	0
[84	1	2	9	1	4	6	1	6	3	1	8	0	1	9	9	1	11	6
[100	1	7	1	1	9	2	1	11	3	1	13	4	1	15	5	1	17	6
[112	1	10	4	1	12	8	1	15	0	1	17	4	1	19	8	2	2	0

MARKETING TABLES,

FROM FOUR PENCE THREE FARTHINGS TO SIX PENCE per lb.

No. of lbs. &c.	4 Pence ¾ l. s. d.	5 Pence l. s. d.	5 Pence ¼ l. s. d.	5 Pence ½ l. s. d.	5 Pence ¾ l. s. d.	6 Pence. l. s. d.
2	0 0 9½	0 0 10	0 0 10½	0 0 11	0 0 11½	0 1 0
3	0 1 2¼	0 1 3	0 1 3¾	0 1 4½	0 1 5¼	0 1 6
4	0 1 7	0 1 8	0 1 9	0 1 10	0 1 11	0 2 0
5	0 1 11¾	0 2 1	0 2 2¼	0 2 3½	0 2 4¾	0 2 6
6	0 2 4½	0 2 6	0 2 7½	0 2 9	0 2 10½	0 3 0
7	0 2 9¼	0 2 11	0 3 0¾	0 3 2½	0 3 4¼	0 3 6
8	0 3 2	0 3 4	0 3 6	0 3 8	0 3 10	0 4 0
9	0 3 6¾	0 3 9	0 3 11¼	0 4 1½	0 4 3¾	0 4 6
10	0 3 11½	0 4 2	0 4 4½	0 4 7	0 4 9½	0 5 0
11	0 4 4¼	0 4 7	0 4 9¾	0 5 0½	0 5 3¼	0 5 6
12	0 4 9	0 5 0	0 5 3	0 5 6	0 5 9	0 6 0
13	0 5 1¾	0 5 5	0 5 8¼	0 5 11½	0 6 2¾	0 6 6
14	0 5 6½	0 5 10	0 6 1½	0 6 5	0 6 8½	0 7 0
15	0 5 11¼	0 6 3	0 6 6¾	0 6 10½	0 7 2¼	0 7 6
16	0 6 4	0 6 8	0 7 0	0 7 4	0 7 8	0 8 0
17	0 6 8¾	0 7 1	0 7 5¼	0 7 9½	0 8 1¾	0 8 6
18	0 7 1½	0 7 6	0 7 10½	0 8 3	0 8 7½	0 9 0
19	0 7 6¼	0 7 11	0 8 3¾	0 8 8½	0 9 1¼	0 9 6
20	0 7 11	0 8 4	0 8 9	0 9 2	0 9 7	0 10 0
21	0 8 3¾	0 8 9	0 9 2¼	0 9 7½	0 10 0¾	0 10 6
22	0 8 8½	0 9 2	0 9 7½	0 10 1	0 10 6½	0 11 0
23	0 9 1¼	0 9 7	0 10 0¾	0 10 6½	0 11 0¼	0 11 6
24	0 9 6	0 10 0	0 10 6	0 11 0	0 11 6	0 12 0
25	0 9 10¾	0 10 5	0 10 11¼	0 11 5½	0 11 11¾	0 12 6
26	0 10 3½	0 10 10	0 11 4½	0 11 11	0 12 5½	0 13 0
27	0 10 8¼	0 11 3	0 11 9¾	0 12 4½	0 12 11¼	0 13 6
[28	0 11 1	0 11 8	0 12 3	0 12 10	0 13 5	0 14 0
29	0 11 5¾	0 12 1	0 12 8¼	0 13 3½	0 13 10¾	0 14 6
30	0 11 10½	0 12 6	0 13 1½	0 13 9	0 14 4½	0 15 0
31	0 12 3¼	0 12 11	0 13 6¾	0 14 2½	0 14 10¼	0 15 6
32	0 12 8	0 13 4	0 14 0	0 14 8	0 15 4	0 16 0
33	0 13 0¾	0 13 9	0 14 5¼	0 15 1½	0 15 9¾	0 16 6
34	0 13 5½	0 14 2	0 14 10½	0 15 7	0 16 3½	0 17 0
35	0 13 10¼	0 14 7	0 15 3¾	0 16 0½	0 16 9¼	0 17 6
36	0 14 3	0 15 0	0 15 9	0 16 6	0 17 3	0 18 0
37	0 14 7¾	0 15 5	0 16 2¼	0 16 11½	0 17 8¾	0 18 6
38	0 15 0½	0 15 10	0 16 7½	0 17 5	0 18 2½	0 19 0
39	0 15 5¼	0 16 3	0 17 0¾	0 17 10½	0 18 8¼	0 19 6
40	0 15 10	0 16 8	0 17 6	0 18 4	0 19 2	1 0 0
41	0 16 2¾	0 17 1	0 17 11¼	0 18 9½	0 19 7¾	1 0 6
42	0 16 7½	0 17 6	0 18 4½	0 19 3	1 0 1½	1 1 0
43	0 17 0¼	0 17 11	0 18 9¾	0 19 8½	1 0 7¼	1 1 6
44	0 17 5	0 18 4	0 19 3	1 0 2	1 1 1	1 2 0
45	0 17 9¾	0 18 9	0 19 8¼	1 0 7½	1 1 6¾	1 2 6
46	0 18 2½	0 19 2	1 0 1½	1 1 1	1 2 0½	1 3 0
47	0 18 7¼	0 19 7	1 0 6¾	1 1 6½	1 2 6¼	1 3 6
48	0 19 0	1 0 0	1 1 0	1 2 0	1 3 0	1 4 0
49	0 19 4¾	1 0 5	1 1 5¼	1 2 5½	1 3 5¾	1 4 6
50	0 19 9½	1 0 10	1 1 10½	1 2 11	1 3 11½	1 5 0
51	1 0 2¼	1 1 3	1 2 3¾	1 3 4½	1 4 5¼	1 5 6
52	1 0 7	1 1 8	1 2 9	1 3 10	1 4 11	1 6 0
53	1 0 11¾	1 2 1	1 3 2¼	1 4 3½	1 5 4¾	1 6 6
54	1 1 4½	1 2 6	1 3 7½	1 4 9	1 5 10½	1 7 0
55	1 1 9¼	1 2 11	1 4 0¾	1 5 2½	1 6 4¼	1 7 6
[56	1 2 2	1 3 4	1 4 6	1 5 8	1 6 10	1 8 0
[84	1 13 3	1 15 0	1 16 9	1 18 6	2 0 3	2 9 0
[100	1 19 7	2 1 8	2 3 9	2 5 10	2 7 11	2 10 0
112	2 4 4	2 6 8	2 9 0	2 11 4	2 13 8	2 16 0

FROM SIX PENCE HALFPENNY TO NINE PENCE per lb.

No. of lbs. &c.	6 Pence ½			7 Pence.			7 Pence ½			8 Pence.			8 Pence ½			9 Pence.		
	l.	s.	d.	l.	s.	d.	l.	s.	d.	l.	s.	d.	l.	s.	d.	l.	s.	d.
2	0	1	1	0	1	2	0	1	3	0	1	4	0	1	5	0	1	6
3	0	1	7½	0	1	9	0	1	10½	0	2	0	0	2	1½	0	2	3
4	0	2	2	0	2	4	0	2	6	0	2	8	0	2	10	0	3	0
5	0	2	8½	0	2	11	0	3	1½	0	3	4	0	3	6½	0	3	9
6	0	3	3	0	3	6	0	3	9	0	4	0	0	4	3	0	4	6
7	0	3	9½	0	4	1	0	4	4½	0	4	8	0	4	11½	0	5	3
8	0	4	4	0	4	8	0	5	0	0	5	4	0	5	8	0	6	0
9	0	4	10½	0	5	3	0	5	7½	0	6	0	0	6	4½	0	6	9
10	0	5	5	0	5	10	0	6	3	0	6	8	0	7	1	0	7	6
11	0	5	11½	0	6	5	0	6	10½	0	7	4	0	7	9½	0	8	3
12	0	6	6	0	7	0	0	7	6	0	8	0	0	8	6	0	9	0
13	0	7	0½	0	7	7	0	8	1½	0	8	8	0	9	2½	0	9	9
14	0	7	7	0	8	2	0	8	9	0	9	4	0	9	11	0	10	6
15	0	8	1½	0	8	9	0	9	4½	0	10	0	0	10	7½	0	11	3
16	0	8	8	0	9	4	0	10	0	0	10	8	0	11	4	0	12	0
17	0	9	2½	0	9	11	0	10	7½	0	11	4	0	12	0½	0	12	9
18	0	9	9	0	10	6	0	11	3	0	12	0	0	12	9	0	13	6
19	0	10	3½	0	11	1	0	11	10½	0	12	8	0	13	5½	0	14	3
20	0	10	10	0	11	8	0	12	6	0	13	4	0	14	2	0	15	0
21	0	11	4½	0	12	3	0	13	1½	0	14	0	0	14	10½	0	15	9
22	0	11	11	0	12	10	0	13	9	0	14	8	0	15	7	0	16	6
23	0	12	5½	9	13	5	0	14	4½	0	15	4	0	16	3½	0	17	3
24	0	13	0	0	14	0	0	15	0	0	16	0	0	17	0	0	18	0
25	0	13	6½	0	14	7	0	15	7½	0	16	8	0	17	8½	0	18	9
26	0	14	1	0	15	2	0	16	3	0	17	4	0	18	5	0	19	6
27	0	14	7½	0	15	9	0	16	10½	0	18	0	0	19	1½	1	0	3
[28	0	15	2	0	16	4	0	17	6	0	18	8	0	19	10	1	1	0
29	0	15	8½	0	16	11	0	18	1½	0	19	4	1	0	6½	1	1	9
30	0	16	3	0	17	6	0	18	9	1	0	0	1	1	3	1	2	6
31	0	16	9½	0	18	1	0	19	4½	1	0	8	1	1	11½	1	3	3
32	0	17	4	0	18	8	1	0	0	1	1	4	1	2	8	1	4	0
33	0	17	10½	0	19	3	1	0	7½	1	2	0	1	3	4½	1	4	9
34	0	18	5	0	19	10	1	1	3	1	2	8	1	4	1	1	5	6
35	0	18	11½	1	0	5	1	1	10½	1	3	4	1	4	9½	1	6	3
36	0	19	6	1	1	0	1	2	6	1	4	0	1	5	6	1	7	0
37	1	0	0½	1	1	7	1	3	1½	1	4	8	1	6	2½	1	7	9
38	1	0	7	1	2	2	1	3	9	1	5	4	1	6	11	1	8	6
33	1	1	1½	1	2	9	1	4	4½	1	6	0	1	7	7½	1	9	3
40	1	1	8	1	3	4	1	5	0	1	6	8	1	8	4	1	10	0
41	1	2	2½	1	3	11	1	5	7½	1	7	4	1	9	0½	1	10	9
42	1	2	9	1	4	6	1	6	3	1	8	0	1	9	9	1	11	6
43	1	3	3½	1	5	1	1	6	10½	1	8	8	1	10	5½	1	12	3
44	1	3	10	1	5	8	1	7	6	1	9	4	1	11	2	1	13	0
45	1	4	4½	1	6	3	1	8	1½	1	10	0	1	11	10½	1	13	9
46	1	4	11	1	6	10	1	8	9	1	10	8	1	12	7	1	14	6
47	1	5	5½	1	7	5	1	9	4½	1	11	4	1	13	3½	1	15	3
48	1	6	0	1	8	0	1	10	0	1	12	0	1	14	0	1	16	0
49	1	6	6½	1	8	7	1	10	7½	1	12	8	1	14	8½	1	16	9
50	1	7	1	1	9	2	1	11	3	1	13	4	1	15	5	1	17	6
51	1	7	7½	1	9	9	1	11	10½	1	14	0	1	16	1½	1	18	3
52	1	8	2	1	10	4	1	12	6	1	14	8	1	16	10	1	19	0
53	1	8	8½	1	10	11	1	13	1½	1	15	4	1	17	6½	1	19	9
54	1	9	3	1	11	6	1	13	9	1	16	0	1	18	3	2	0	6
55	1	9	9½	1	12	1	1	14	4½	1	16	8	1	18	11½	2	1	3
[56	1	10	4	1	12	8	1	15	0	1	17	4	1	19	8	2	2	0
[84	2	5	6	2	0	0	2	12	6	2	16	0	2	19	6	3	3	0
[100	2	14	2	2	18	4	3	2	9	3	6	8	3	10	10	3	15	0
[112	3	0	8	3	5	4	3	10	0	3	14	8	3	19	4	4	4	0

MARKETING TABLES,

FROM NINE PENCE HALFPENNY TO ONE SHILLING per lb.

No. of lbs. &c.	9 Pence ½ l. s. d.	10 Pence. l. s. d.	10 Pence ½ l. s. d.	11 Pence. l. s. d.	11 Pence ½ l. s. d.	1 Shil. l. s.
2	0 14 7	0 1 8	0 1 9	0 1 10	0 1 11	0 2
3	0 2 4½	0 2 6	0 2 7½	0 2 9	0 2 10½	0 3
4	0 3 2	0 3 4	0 3 6	0 3 8	0 3 10	0 4
5	0 3 11½	0 4 2	0 4 4½	0 4 7	0 4 9½	0 5
6	0 4 9	0 5 0	0 5 3	0 5 6	0 5 9	0 6
7	0 5 6½	0 5 10	0 6 1½	0 6 5	0 6 8½	0 7
8	0 6 4	0 6 8	0 7 0	0 7 4	0 7 8	0 8
9	0 7 1½	0 7 6	0 7 10½	0 8 3	0 8 7½	0 9
10	0 7 11	0 8 4	0 8 9	0 9 2	0 9 7	0 10
11	0 8 8½	0 9 2	0 9 7½	0 10 1	0 10 6½	0 11
12	0 9 6	0 10 0	0 10 6	0 11 0	0 11 6	0 12
13	0 10 3½	0 10 10	0 11 4½	0 11 11	0 12 5½	0 13
14	0 11 1	0 11 8	0 12 3	0 12 10	0 13 5	0 14
15	0 11 10½	0 12 6	0 13 1½	0 13 9	0 14 4½	0 15
16	0 12 8	0 13 4	0 14 0	0 14 8	0 15 4	0 16
17	0 13 5½	0 14 2	0 14 10½	0 15 7	0 16 4½	0 17
18	0 14 3	0 15 0	0 15 9	0 16 6	0 17 3	0 18
19	0 15 0½	0 15 10	0 16 7½	0 17 5	0 18 2½	0 19
20	0 15 10	0 16 8	0 17 6	0 18 4	0 19 2	1 0
21	0 16 7½	0 17 6	0 18 4½	0 19 3	1 0 1½	1 1
22	0 17 5	0 18 4	0 19 3	1 0 2	1 1 1	1 2
23	0 18 2½	0 19 2	1 0 1½	1 1 1	1 2 0½	1 3
24	0 19 0	1 0 0	1 1 0	1 2 0	1 3 0	1 4
25	0 19 9½	1 0 10	1 1 10½	1 2 11	1 3 11½	1 5
26	1 0 7	1 1 8	1 2 9	1 3 10	1 4 11	1 6
27	1 1 4½	1 2 6	1 3 7½	1 4 9	1 5 10½	1 7
[28	1 2 2	1 3 4	1 4 6	1 5 8	1 6 10	1 8
29	1 2 11½	1 4 2	1 5 4½	1 6 7	1 7 9½	1 9
30	1 3 9	1 5 0	1 6 3	1 7 6	1 8 9	1 10
31	1 4 6½	1 5 10	1 7 1½	1 8 5	1 9 8½	1 11
32	1 5 4	1 6 8	1 8 0	1 9 4	1 10 8	1 12
33	1 6 1½	1 7 6	1 8 10½	1 10 3	1 11 7½	1 13
34	1 6 11	1 8 4	1 9 9	1 11 2	1 12 7	1 14
35	1 7 8½	1 9 2	1 10 7½	1 12 1	1 13 6½	1 15
36	1 8 6	1 10 0	1 11 6	1 13 0	1 14 6	1 16
37	1 9 3½	1 10 10	1 12 4½	1 13 11	1 15 5½	1 17
38	1 10 1	1 11 8	1 13 3	1 14 10	1 16 5	1 18
39	1 10 10½	1 12 6	1 14 1½	1 15 9	1 17 4½	1 19
40	1 11 8	1 13 4	1 15 0	1 16 8	1 18 4	2 0
41	1 12 5½	1 14 2	1 15 10½	1 17 7	1 19 3½	2 1
42	1 13 3	1 15 0	1 16 9	1 18 6	2 0 3	2 2
43	1 14 0½	1 15 10	1 17 7½	1 19 5	2 1 2½	2 3
44	1 14 10	1 16 8	1 18 6	2 0 4	2 2 2	2 4
45	1 15 7½	1 17 6	1 19 4½	2 1 3	2 3 1½	2 5
46	1 16 5	1 18 4	2 0 3	2 2 2	2 4 1	2 6
47	1 17 2½	1 19 2	2 1 1½	2 3 1	2 5 0½	2 7
48	1 18 0	2 0 0	2 2 0	2 4 0	2 6 0	2 8
49	1 18 9½	2 0 10	2 2 10½	2 4 11	2 6 11½	2 9
50	1 19 7	2 1 8	2 3 9	2 5 10	2 7 11	2 10
51	2 0 4½	2 2 6	2 4 7½	2 6 9	2 8 10½	2 11
52	2 1 2	2 3 4	2 5 6	2 7 8	2 9 10	2 12
53	2 1 11½	2 4 2	2 6 4½	2 8 7	2 10 9½	2 13
54	2 2 9	2 5 0	2 7 3	2 9 6	2 11 9	2 14
55	2 3 6½	2 5 10	2 8 0½	2 10 5	2 12 8½	2 15
[56	2 4 4	2 6 8	2 9 0	2 11 4	2 13 8	2 16
[84	3 6 6	3 10 0	3 13 6	3 17 0	4 0 6	4 4
[100	3 19 2	4 3 4	4 7 6	4 11 8	4 15 10	5 0
[112	4 8 8	4 13 4	4 18 6	5 2 8	5 7 4	5 12

HOUSE-MAID.

It is the buſineſs of this ſervant to keep the whole houſe in a ſtate of cleanlineſs, by carefully waſhing the rooms, ſtair caſes, &c. cleaning the fire-grates, irons, and hearths, duſting carpets, and rubbing the furniture, as well as the locks, knockers, glaſſes, chimney ornaments, picture frames, &c.

For cleaning mahogany furniture, the beſt preparation is, to mix together a quart of cold-drawn linſeed oil, with half an ounce of roſe-pink, and two ounces of Alkanet root; the furniture muſt be well cleared of duſt, and a little of the above rubbed over it with a linen rag, and ſoon afterwards again well rubbed with linen cloths, ſo as not to leave the leaſt clammineſs: once a week will be ſufficient to uſe the oil, but the furniture ought to be rubbed every day; by which it will ſoon obtain a ſmooth and gloſſy appearance, and amply recompenſe the trouble.---Nor is hard rubbing neceſſary; a briſk, light motion, till the wood becomes warm under the hand, will give mahogany a poliſh like marble.

A little lemon juice, or the pulp which remains in a lemon after being ſqueezed, will take out ſtains of ink preferably to aqua-fortis or oil of vitriol, which have been directed by people who pretend to much knowledge on this ſubject.

Bees wax will make mahogany ſhine, but is leſs beneficial to furniture than the above mixture; beſides that it will retain every mark of a finger laid upon it.

Many things mentioned under our direction to *Chamber-maids*, will deſerve the attention of the diligent and cleanly *Houſe-maid*.

HYSTERICS.

The ſymptoms of this complaint are, an intercepted breathing, almoſt to ſuffocation, fainting, loſs of ſpeech, drowſineſs, coſtiveneſs, and making large quantities of urine, almoſt as clear as ſpring water.

Take ſimple peppermint water, twelve ounces; one ounce of valerian; and half an ounce of lavender drops; mix them together, and take three large ſpoonfuls two or three times in a day, and alſo apply to the navel a large galbanum plaſter.

I. J.

JAMS.

CHERRY JAM. Stone ſome cherries, boil them well, and break them; take them off the fire, let the juice run from them; to three pounds of cherries, boil together half a pint of red currant juice, and half a pound of loaf ſugar; put in the cherries as they boil, ſift in three quarters of a pound of ſugar; boil the cherries very faſt for more than half an hour. When cold, put on brandy paper.

Red RASPBERRY JAM. Gather your raſpberries when they are ripe and dry; pick them very carefully from

the ſtalks and dead ones, cruſh them in a bowl with a ſilver or wooden ſpoon (pewter is apt to turn them a purple colour); as ſoon as you have cruſhed them, ſtrew in their own weight of loaf ſugar, and half their weight of currant juice, baked and ſtrained as for jelly; then ſet them over a clear ſlow fire, boil them half an hour, ſkim them well, and keep ſtirring them at the time, then put them into pots or glaſſes, with brandy paper over them, and keep them for uſe.

As ſoon as you have got your berries, ſtrew in your ſugar; do not let them ſtand long before you boil them, it will preſerve their flavour.

APRICOT JAM. Provide ſome fine rich apricots, cut them in thin pieces, and infuſe them in an earthen pot till they are tender and dry; put a pound of double-refined ſugar, and three ſpoonfulls of water to every pound and half of apricots; then boil your ſugar to a candy height, and put it upon your apricots. Set them over a ſlow fire, and ſtir them till they appear clear and thick; but they muſt only ſimmer, not boil; then put them in your glaſſes.

Black CURRANT JAM. Gather your currants when they are full ripe, and pick them clean from the ſtalks, then bruiſe them well in a bowl, and to every two pounds of currants put a pound and a half of loaf ſugar, finely beaten. Put them into a preſerving pan, boil them half an hour, ſkim and ſtir them all the time, and then put them into pots.

Green GOOSEBERRY JAM. Take ſome large full grown green gooſeberries, but not too ripe; cut them in half, take out the ſeeds; put them in a pan of cold ſpring water, lay ſome vine leaves at the bottom, then ſome gooſe-

berries, again vine leaves, till all the fruit is in the pan; cover it very close, that no steam can evaporate, and set them on a very slow fire. When they are scalding hot, take them off; then set them on again, and then take them off; they must be done so till they are of a good green; lay them on a sieve to drain, beat them in a marble mortar with their weight in sugar; then take a quart of water, and a quart of gooseberries, boil them to a mash, squeeze them; to every pint of this liquor put a pound of fine loaf-sugar, boil and skim it; then put in the green gooseberries, let them boil till they are thick and clear, and of a good green.

JANUARY.

LIST OF PRODUCTIONS.

Meat.
BEEF
House lamb
Mutton
Pork
Veal

Poultry.
Capons
Fowls
Hare
Partridge
Pheasant
Pullets
Rabbits
Snipes
Tame pigeons
Turkeys
Woodcocks

Fish.
Carp
Cod
Crabs
Cray-fish
Eels
Flounders
Lampreys
Lobsters
Oysters
Perch
Plaice
Prawns
Scate
Smelts
Soles
Sturgeon
Tench
Turbot

Vegetables.
Beets
Borecole
Brocoli, purple and white
Carrots
Celery
Chervil
Coleworts
Cresses
Endive
Garlic
Leeks
Lettuce
Mustard
Mint
Parsley
Parsnips
Potatoes
Radish
Salsafy
Savoys
Sorrel
Spinach
Sprouts
Skirrets
Taragon

Fruit.
Almonds
Apples
Grapes
Medlars
Nuts
Pears

DINNERS OF TWO COURSES.

First Course.

Soup Santé, removed with crimp ſalmon.

Petit Patties. — Brown veal collops.

Stewed celery.

Plain butter. — Turkey boiled with oyſter ſauce. — Fennel ſauce.

Sallad.

Fricaſſee of chicken. — Baked bread pudding.

Quarter of lamb roaſted.

Second Course.

Pheaſant roaſted.

China oranges.

Buttered lobſter. — Tartlets.

Jellies.

Preſerved quinces. — Preſerved raſberries in bunches.

Golden pippens.

Flummery. — Aſparagus peas.

Hare.

DINNERS OF THREE COURSES.

First Course.

Cheſnut ſoup.

Leg of lamb. — Petit patties. — Boiled chickens.

Chicken and veal pie. — Cod's head. — Roaſt beef.

Tongue. — Raiſold. — Scotch collops.

Vermicelli ſoup.

Second Course.

Roaſt Turkey.

Marinated ſmelts. — Tartlets. — Mince pies.

Roaſt ſweetbreads. — Stands of Jellies. — Larks.

Almond tart. — Maids of Honour. — Lobſters.

Woodcocks.

Third Course.

Morels.

Artichoke bottoms. — Dutch beef, ſcraped. — Macaroni.

Cuſtards. — Cut paſtry. — Black caps.

Scolloped oyſters. — Potted Chars. — Stewed celery.

Rabbit fricaſſeed.

JAUNDICE.

This diſeaſe is firſt obſervable in the white of the eye, which appears yellow; afterwards the whole ſkin puts on the ſame appearance. The urine too is of a ſaffron colour, and dyes a white cloth of the ſame colour.

If the patient be young, and the diſeaſe complicated with no other malady, it is ſeldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropſy, or hypochondriac ſymptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

If the patient be young, of a full ſanguine habit, and complains of a pain in the right ſide, about the region of the liver, bleeding will be neceſſary; after this, a vomit muſt be adminiſtered, and if the diſeaſe proves obſtinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, eſpecially where it is not attended with inflammation. Half a dram of ipecacuanha, in powder, will be a ſufficient doſe for a grown perſon. It may be wrought off with weak camomile tea, or luke-warm water. The body muſt likewiſe be kept open, by taking a ſufficient quantity of Caſtile ſoap.

The ſoluble tartar is a very proper medicine in the jaundice. A dram of it may be taken every night and morning in a cup of tea or water gruel: if it does not open the body, the doſe may be increaſed. A very obſtinate jaundice has been cured by ſwallowing raw eggs.

Per-

Perſons ſubject to the jaundice, ought to take as much exerciſe as poſſible, and to avoid all heating and aſtringent aliments.

ICE.—See CAKES and CREAMS.

JELLIES.

In making jellies of all kinds, avoid letting any ſeeds from the fruit fall into your jelly; and be careful not to ſqueeze it too near, which would render your jelly leſs tranſparent. Pound your ſugar, and let it diſſolve in the ſyrup before you ſet it on the fire, the ſcum will then riſe the better, and the jelly will be of a finer colour. Boiling jellies too high, gives them a darkiſh hue, which ſhould therefore be avoided. Tie them well down with white paper, with two folds of thick cap paper over them. Leaving the pots open, or negligently tied, is deſtructive to them.

HARTSHORN JELLY. Put two quarts of water into a clean pan, with half a pound of hartſhorn ſhavings, let it ſimmer till near one half is reduced; ſtrain it off, then put in the peel of four oranges and two lemons, pared very thin; boil them five minutes, put to it the juice of the before-mentioned lemons and oranges, with about ten ounces of double refined ſugar; beat the whites of ſix eggs to a froth, mix them carefully with your jelly, that you do not poach the eggs; juſt let it boil up, and run it through a jelly bag till it is clear.

Another

Another way. Prepare as above, and put to it a pint of Rheniſh wine, and a quarter of a pound of loaf ſugar; beat the whites of four eggs or more to a froth, mix them well with the jelly, and pour it in as if you were cooling it. Let it boil two or three minutes, then put in the juice of three or four lemons; let it boil a minute or two longer. When it is finely curdled, and of a pure white colour, have ready a ſwan-ſkin jelly bag over a china baſon, pour in your jelly, and pour back again till it is as clear as rock water; then ſet a very clean china baſon under; have your glaſſes as clean as poſſible, and fill them with a clean ſpoon. Have ready ſome thin rind of the lemons, and when you have filled half your glaſſes, throw your peel into the baſon; and when the jelly is all run out of the bag, with a clean ſpoon fill the reſt of the glaſſes, and they will look of a fine amber colour.

To make Ribband JELLY. Take out the great bones of four calves feet, put them into a pot with ten quarts of water, three ounces of hartſhorn, three ounces of iſinglaſs, a nutmeg quartered, and four blades of mace; then boil this till it comes to two quarts, ſtrain it through a flannel bag, let it ſtand twenty-four hours, ſcrape off all the fat from the top, very clean, ſlice the jelly, put to it the whites of ſix eggs beaten to a froth, boil it a little, and ſtrain it through a flannel bag, then run the jelly into little high glaſſes; run every colour as thick as your finger, but one colour muſt be thorough cold before you put another on, and that you put on muſt not be but blood warm, for fear it mix together. You muſt colour red with cochineal, green with ſpinach, yellow with ſaffron, blue with ſyrup of violets, white with thick

cream

cream, and ſometimes the jelly by itſelf. You may add orange flower water; or wine and ſugar, and lemon, if you pleaſe; but this is all fancy. See CALVES FEET, p. 162. Vol. I.

To make Currant JELLY. Strip the currants from the ſtalks, put them in a ſtone jar, ſtop it cloſe, ſet it in a kettle of boiling water half way up the jar, let it boil half an hour, take it out and ſtrain the juice through a coarſe hair ſieve: to a pint of juice put a pound of ſugar, ſet it over a quick clear fire in your preſerving pan or bell-metal ſkillet; keep ſtirring it all the time, till the ſugar is melted; then ſkim the ſcum off as faſt as it riſes. When your jelly is very clear and fine, pour it into gallipots, when cold cut white paper juſt the bigneſs of the top of the pot, and lay on the jelly; dip thoſe papers in brandy, then cover the top cloſe with white paper, and prick it full of holes; ſet it in a dry place, put ſome into glaſſes, and paper them.

Orange JELLY. Take half a pound of hartſhorn ſhavings, or four ounces of iſinglaſs, and boil it in ſpring water till it is of a ſtrong jelly; take the juice of three Seville oranges, three lemons, and ſix china oranges, and the rind of one Seville orange and one lemon, pared very thin; put them to your jelly, ſweeten it with loaf-ſugar to your palate; beat up the whites of eight eggs to a froth, and mix well in, then boil it for ten minutes, and run it through a jelly bag till it is very clear; put it in moulds till cold; then dip your mould in warm water, and turn it out into a china diſh, or a flat glaſs, and garniſh with flowers.

Raſpberry JELLY. Make it in the ſame manner as currant jelly, only put one half currants and the other half raſpberries.

Iſinglaſs JELLY. Boil an ounce of iſinglaſs and a quarter of an ounce of cloves in a quart of water till it is reduced to a pint; then ſtrain it over ſome ſugar.

INFLAMMATIONS, *or* ABSCESSES.

From whatever cauſe an inflammation proceeds, it muſt terminate either by diſperſion, ripening, or a gangrene; though it is impoſſible to foretell with certainty in which of theſe ways it will end. Inflammations in conſequence of a ſlight cold, and without any previous indiſpoſition, will moſt probably diſperſe by proper fomentations, joined to a ſlender diet, and repeated purges.—The ſkin of the inflamed part may be bathed with a mixture of three parts of ſweet oil, and one fourth of vinegar, and afterwards covered with a piece of wax plaſter.

Such inflammations as follow cloſe upon any diſorder, or happen to perſons of a groſs habit of body, generally ſuppurate; the beſt application to promote which is, a ſoft poultice of white bread and milk, with a ſmall quantity of ſweet oil, renewed twice a-day. If the tumour ripens but ſlowly, a raw onion cut ſmall or bruiſed, may be ſpread on the poultice.—When the abſceſs is fit for opening, which may be eaſily known by the thinneſs of the ſkin, it may be done with a lancet, or pair of fine-pointed ſciſſars.

This includes the treatment of all thoſe diſorders which go under the names of *biles*, *impoſthumes*, *whitloes*, &c. for they are all abſceſſes in conſequence of a previous inflammation; and ought, if poſſible to be diſperſed;

diſperſed; but if found neceſſary to ripen them, the ſore may be afterwards dreſſed with yellow baſilicum.

In caſes of gangrene or mortification, we would recommend the calling in of proper ſurgical aſſiſtance.

INFUSIONS.

Vegetables yield nearly the ſame properties to water, by infuſion, as by decoction; and though they may require a longer time to give out virtues in this way, yet it has ſeveral advantages over the other; ſince boiling is found to diſſipate the finer parts of many bitter and aromatic ſubſtances, without more fully extracting their medicinal principles.

Even from thoſe vegetables which are weak in virtue, rich infuſions may be obtained by returning the liquor upon freſh quantities of the ſubject, the water loading itſelf more and more with the active parts; and theſe loaded infuſions are applicable to valuable purpoſes in medicine, as they contain in a ſmall compaſs the finer, more ſubtle, and active principles of vegetables, in a form readily mixable with the fluids of the human body.

Bitter Infusion. Take tops of the leſſer centaury and camomile flowers, of each half an ounce; yellow rind of lemon and orange-peel, carefully freed from the inner white part, of each two drams; cut them in ſmall pieces, and infuſe them in a quart of boiling water.

For indigeſtion, weakneſs of the ſtomach, or want of appetite, a tea-cupful of this infuſion may be taken twice or thrice a-day.

Infusion *of the Bark.* To an ounce of the bark in powder, add four or five table-ſpoonfuls of brandy, and

a pint of boiling water. Let them infuſe for two or three days.

This is one of the beſt preparations of the bark for weak ſtomachs. In diſorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a-day.

Infusion *of Carduus.* Infuſe an ounce of the dried leaves of carduus benedictus in a pint of common water, for ſix hours, without heat; then filter the liquor through paper. This light infuſion may be given with great benefit in weakneſs of the ſtomach, where the common bitters do not agree. It may be flavoured at pleaſure with cinnamon, or other aromatic materials.

Infusion *of Linſeed.* Take of linſeed two ſpoonfuls; liquorice root, ſliced, half an ounce; boiling water, three pints. Let them ſtand to infuſe by the fire for ſome hours, and then ſtrain off the liquor. If an ounce of the leaves of colt's-foot be added to theſe ingredients, it will then be the *Pectoral Infuſion.* Both theſe are emollient, mucilaginous liquors, and may be taken with advantage as ordinary drink in difficulty of making water; and in coughs and other complaints of the breaſt.

Infusion *of Roſes.* Take of red roſes, dried, half an ounce; boiling water, a quart; vitriolic acid, commonly called oil of vitriol, half a dram; loaf-ſugar, an ounce.

Infuſe the roſes in the water for four hours, in an unglazed earthen veſſel; afterwards pour in the acid, and having ſtrained the liquor, add to it the ſugar.

In an exceſſive flow of the *menſes,* or in vomiting of blood, a tea-cupful of this gentle aſtringent infuſion may be taken every three or four hours. It likewiſe

makes

makes an exceeding good gargle: but as the quantity of roſes uſed here can have little effect, an equally valuable medicine may be prepared by mixing the acid and water without infuſion.

INFUSION *of Tamarinds and Senna.* Take of tamarinds, one ounce; ſenna and cryſtals of tartar, each two drams. Let theſe ingredients be infuſed four or five hours in a pint of boiling water; afterwards let the liquor be ſtrained, and an ounce or two of the aromatic tincture added to it. Perſons who are eaſily purged, may leave out either the tamarinds or the cryſtals of tartar. This is an agreeable cooling purge. A tea-cupful may be given every half hour, till it operates. This ſupplies the DECOCTION *of Tamarinds and Senna.*

Spaniſh INFUSION. Take of Spaniſh juice, cut into ſmall pieces, an ounce; ſalt of tartar, three drams.—Infuſe in a quart of boiling water for a night. To the ſtrained liquor add one ounce and a half of the ſyrup of poppies. In recent colds, coughs, and obſtructions of the breaſt, a tea-cupful of this infuſion may be taken with advantage three or four times a-day.

INFUSION *for the Palſy.* Take of horſe-radiſh root, ſhaved, muſtard ſeed, bruiſed, each four ounces; outer rind of orange-peel, one ounce. Infuſe them in two quarts of boiling water in a cloſe veſſel for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm ſtimulating medicine may be taken three or four times a-day. It excites the action of the ſolids, proves diuretic, and, if the patient be kept warm, promotes perſpiration. If two or three ounces of the dried leaves of marſh-

marſh-trefoil be uſed inſtead of the muſtard, it will make the *Antiſcorbutic Infuſion*.

ITCH.

This diſeaſe is commonly communicated by infection, yet it ſeldom prevails where due regard is paid to cleanlineſs, freſh air, and wholeſome diet. Its ſymptoms are very well known; and it is ſeldom a dangerous diſeaſe, unleſs when rendered ſo by neglect, or improper treatment. If it be ſuffered to continue too long, it may vitiate the whole maſs of humours; and, if it be ſuddenly drove in, without proper evacuations, it may occaſion fevers, inflammation of the bowels, or other internal diſorders.

The beſt medicine yet known for the itch is ſulphur, which ought to be uſed both externally and internally. The parts moſt affected may be rubbed with an ointment made of the flowers of ſulphur, two ounces; crude ſal ammoniac, finely powdered, two drams: hog's lard or butter, four ounces; a little eſſence of lemon will entirely take away the diſagreeable ſmell. About the bulk of a nutmeg of this may be rubbed upon the extremities at bed time, twice or thrice a-week. It is ſeldom neceſſary to rub the whole body; but when ſo, it ought not to be done all at once, but by turns, as it is dangerous to ſtop too many pores at the ſame time.

Before the patient begins to uſe the ointment, he ought, if he be of a full habit, to bleed, or take a purge or two. It will likewiſe be proper, during the uſe of it, to take every night and morning, as much of the

flower of brimſtone and cream of tartar, in a little treacle, or new milk, as will keep the body gently open.—He ſhould beware of catching cold, ſhould wear more cloaths than uſual, and take every thing warm. The ſame cloaths, the linen excepted, ought to be worn all the time of uſing the ointment; and ſuch clothes as have been worn while the patient was under the diſeaſe, are not to be uſed again; for unleſs they have been fumigated with brimſtone, and thoroughly cleaned, they will communicate the infection anew.

Brimſtone, when uſed as directed above, never fails to cure the itch; but if it be only uſed once or twice, and cleanlineſs neglected, it is no wonder if the diſorder returns. It is both more ſafe and efficacious when perſiſted in for a conſiderable time, than when a large quantity is applied at once.

The powder of white hellebore root, made up into an ointment, in the ſame manner, will ſeldom fail to cure the itch.

People ought to be extremely cautious leſt they take other eruptions for the itch; as the ſtoppage of theſe may be attended with fatal conſequences. Many of the eruptive diſorders to which children are liable have a near reſemblance to this diſeaſe; and infants have often been killed by being rubbed with greaſy ointments, that made theſe eruptions ſtrike ſuddenly in, which nature had thrown out, to preſerve the patient's life, or prevent ſome other malady.

Much miſchief is likewiſe done by the uſe of mercury in this diſeaſe. Some perſons are ſo fool-hardy, as to waſh the parts affected with a ſtrong ſolution of the corroſive ſublimate. Others uſe the mercurial ointment,

without

without taking the leaſt care either to avoid cold, keep the body open, or obſerve a proper regimen. The conſequences of ſuch conduct may be eaſily gueſſed. Even the mercurial girdles produce tragical effects. Mercury ought never to be uſed as a medicine, without the greateſt care. Ignorant people look upon theſe girdles as a kind of charm, without conſidering that the mercury enters the body.

It is not to be told what miſchief is done by uſing mercurial ointment for curing the itch, and killing vermin; yet it is unneceſſary for either: the former may be always more certainly cured by ſulphur, and the latter will never be found where due regard is paid to cleanlineſs.

Thoſe who would avoid this deteſtable diſeaſe, ought to beware of infected perſons, to uſe wholeſome food, and to ſtudy univerſal cleanlineſs.

As an external remedy in the itch, the following is not only more *elegant*, but equally, if not more *efficacious*, than all the preſcriptions at preſent in uſe: Take a quarter of a pound of ſulphur in rolls, and holding it with a pair of tongs, ſet it on fire, letting it drop into an earthen veſſel, containing a quart of white wine; putting the wine into a bottle for the following uſe:

Pour as much of this wine into a baſon, as is ſufficient to waſh the hands, and let them ſoak in it for a quarter of an hour. This muſt be renewed ſeveral times a-day, taking care that the ſame wine is not uſed twice.

Even when thoſe critical eruptions (which appear about the end of ſome diſorders, and prognoſticate a cure) continue too long, and threaten to deform the ſkin, this lotion may be ſafely had recourſe to, not being

ing in the leaſt of a repellent nature. Beſides, that this ſulphurated wine renders the hands ſoft, ſmooth, and white.

JUNE.

PRODUCTIONS OF THIS MONTH.

Meat.
Beef
Buck veniſon
Lamb
Mutton
Veal

Poultry.
Chickens
Ducklings
Fowls
Green geeſe
Leverets
Plovers
Pullets
Rabbits
Turkey pouts
Wheat-ears

Fiſh.
Carp
Cray-fiſh
Eels
Herrings
Lobſters
Mackarel
Mullets
Pike
Prawns
Salmon
Smelts
Soles
Tench
Trout
Turbot

Vegetables.
Artichokes
Aſparagus
All ſmall ſallad
Beans
Cababges
Carrots
Cauliflowers
Cucumbers
Kidney beans
Lettuce
Onions
Parſley
Peaſe
Potatoes
Purſlane
Radiſhes

Fruit.
Apples
Apricots
Cherries
Currants
Gooſeberries
Pears
Strawberries

DINNERS OF TWO COURSES.

Firſt Courſe.

Green peaſe ſoup, removed with mackarel.

Fricaſſee of chickens. | Neck of mutton boiled, and caper ſauce.

Fiſh ſauce.

Hare collops. | Calf's head pie. | Pigeons in ſurprize.
Tongue boiled. | Currant jelly. | Papiets de veau.

Haunch of veniſon.

Second Course.

Two turkey pouts roasted.

Cheese cakes. Ragoo of mushrooms.

Preserved codlins.

Potted beef. Orange jelly. Collared pig.

Compote of apricots.

Artichokes. Blanc mange.

Wheat-ears roasted.

DINNERS OF THREE COURSES.

First Course.

Green pease soup.

Chickens. Haunch of venison. Harrico.

Lamb pie. Turbot. Ham.

Veal cutlets. Neck of venison. Orange pudding.

Lobster soup.

Second Course.

Turkey pouts.

Pease. Apricot puffs. Lobsters.

Fricassee of lamb. Half moon. Roasted sweetbreads.

Smelts. Cherry tart. Artichokes.

Roasted rabbits.

Third Course.

Sweetbreads à-la-blanche.

Fillets of soles. Potted wheat-ears. Ratafia cream.

Pease. Green gooseberry tart. Forced artichokes.

Preserved oranges. Potted ruff. Matelot of eels.

Lamb's tails à-la-braise.

JULEPS.

JULEPS.

The baſis of juleps is generally common water, or ſome ſimple diſtilled water, with one third or one fourth its quantity of diſtilled ſpirituous water, and as much ſugar or ſyrup as is ſufficient to render the mixture agreeable. This is ſharpened with vegetable or mineral acids, or impregnated with other medicines ſuitable to the intention.

Camphorated JULEP. Take of camphor, one dram; gum arabic, half an ounce; double refined ſugar, an ounce; vinegar, a pint. Grind the camphor with a few drops of rectified ſpirits of wine, till it grows ſoft; then add the gum, previouſly reduced to a mucilage, with equal its quantity of water, and rub them together till they are perfectly united. To this mixture add, by little and little, the vinegar with the ſugar diſſolved in it, ſtill continuing the rubbing.

In hyſterical and other complaints, where camphor is proper, this julep may be taken in the doſe of a ſpoonful or two as often as the ſtomach will bear it.

Cordial JULEP. Take of ſimple cinnamon water, four ounces; volatile aromatic ſpirit, and compound ſpirit of lavender, each two drams; ſyrup of orange-peel, an ounce. Mix them.

This is given in the doſe of two ſpoonfuls three or four times a-day, in diſorders accompanied with great weakneſs and depreſſion of ſpirits.

Expectorating JULEP. Take of the emulſion of gum ammoniac, ſix ounces; ſyrup of ſquills, two ounces.

Mix them. In coughs, aſthmas, and obſtructions of the breaſt, two table ſpoonfuls of this julep may be taken every three or four hours.

Muſk JULEP. Rub half a dram of muſk well together with half an ounce of ſugar, and add to it, gradually, of ſimple cinnamon and peppermint water, each two ounces; of the volatile aromatic ſpirit, two drams.

In the low ſtate of nervous fevers, hiccuping, convulſions, and other ſpaſmodic affections, two table ſpoonfuls of this julep may be taken every two or three hours.

Saline JULEP. Diſſolve two drams of ſalt of tartar in three ounces of freſh lemon juice, ſtrained: when the effervescence is over, add of mint water, and common water, each two ounces; of ſimple ſyrup, one ounce.

This removes ſickneſs at the ſtomach, relieves vomiting, promotes perſpiration, and may be of ſome ſervice in fevers, eſpecially of the inflammatory kind.

Vomiting JULEP. Diſſolve four grains of emetic tartar in eight ounces of water, and add to it half an ounce of the ſyrup of clove July flowers.

In the beginning of fevers, where there is no topical inflammation, this julep may be given in the doſe of one table ſpoonful every quarter of an hour, till it operates. Antimonial vomits ſerve not only to evacuate the contents of the ſtomach, but likewiſe to promote the different excretions.

JULY.

ARTICLES FOR THE TABLE.

Meat.
Beef
Buck veniſon
Lamb
Mutton
Veal

Poultry.
Chickens
Ducklings
Fowls
Green geeſe
Leverets
Pigeons
Plovers
Pullets
Rabbits
Turkey pouts
Wheat-ears

Fiſh.
Carp
Cod
Cray-fiſh
Eels
Haddock
Herrings
Lobſters
Mackarel
Mullet
Pike
Prawns
Plaice
Salmon
Scate
Soles
Tench
Thornback

Vegetables.
Artichokes
Sallad
Beans
Cabbage
Carrots
Cauliflowers
Celery
Chervil
Cucumbers
Endive
Finochia
Kidney beans
Muſhrooms
Peaſe
Potatoes
Purſlane
Salſafy
Scorzonera
Sorrel
Radiſhes

Fruit.
Apples
Apricots
Cherries
Gooſeberries
Melons
Nectarines
Peaches
Plums
Raſpberries
Strawberries

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup with artichoke bottoms,
removed with crimp cod.

A breaſt of veal ragoo'd.
Anchovy ſauce.
Young potatoes.
Beef-ſteaks à-la-mode.
Parſley ſauce.
Swine's cheek boiled.
Plain butter.
Veniſon paſty.
Windſor beans.
Shrimp ſauce.
Lamb's feet with muſtard.
Sallad.
Giblets ſtewed.

Leg of mutton roaſted,
with ſtewed cucumbers.

Second Courſe.

Two ducklings roaſted.

Trifle.
Cray-fiſh.
Flummery.
Green gages.
Artichoke bottoms forced.
Apricot tart.
Apricots.
Ragoo mille.
Peaches.
Cuſtards.
Potted char.
Melon.
Italian cream.

Leveret roaſted.

DIN-

DINNERS OF THREE COURSES.

First Course.

Mackarel, &c.

Breaſt of veal à-la-braiſe.	Tongue and turnips.	Pulpeton.
Veniſon paſty.	Herb ſoup.	Neck of veniſon.
Chickens.	Boiled gooſe and ſtewed red cabbage.	Mutton cutlets.

Trout boiled.

Second Courſe.

Roaſt turkey.

Stewed peaſe.	Apricot tart.	Blanc mange.
Sweetbreads.	Jellies.	Fricaſſee of rabbits.
Cuſtards.	Green codlin tart.	Blaized pippins.

Roaſted pigeons.

Third Courſe.

Fricaſſee of rabbits.

Apricots.	Pains à-la-Ducheſſe.	Forced cucumbers.
Craw-fiſh ragoo'd.	Morel cherry tart.	Lobſter à-la-braiſe.
Jeruſalem artichokes.	Apricot puffs.	Green gage plums.

Lamb ſtones.

K.

KETCHUP, or CATCHUP.

Take two quarts of ſtrong ſtale beer, and half a pound of anchovies, waſh them clean; cloves and mace, of each a quarter of an ounce; a race or two

of ginger, half a pound of ſhallots, and a pint of flap muſhrooms, well boiled and pickled. Boil all theſe over a ſlow fire till one half is conſumed; then run it through a flannel bag: let it ſtand till it is quite cold, then put it up in a bottle, and ſtop it cloſe.

One ſpoonful of this to a pint of melted butter gives both taſte and colour above all other ingredients; and gives the moſt agreeable reliſh to fiſh ſauce.

It is eſteemed by many to exceed what is brought from India, and will keep twenty years.

KETCHUP *of Muſhrooms.* Fill a ſtewpan full of the large flap muſhrooms, and the tops of thoſe that are commonly wiped for pickling; ſet it on a gentle fire, with a handful of ſalt; they will yield a great deal of liquor: ſtrain it, and add a quarter of a pound of ſhallots, two cloves of garlick, pepper, ginger, cloves, mace, and a bay leaf. Boil and ſcum it very well, let it ſtand till it is quite cold, bottle it, and ſtop it cloſe.

L.

LAMB.

In chuſing lamb, you muſt attend to the following particulars:—If the eyes of a lamb's head be wrinkled, or ſunk in, it is ſtale; on the contrary, when freſh and lively, it is new killed and ſweet. In a fore-quarter, the neck vein ſhould be of a bright ſky-blue; for if inclined to green or yellow, the meat is generally tainted. In a hind-quarter, if the knuckle be limber, and there be

be a faint ſmell under the kidney, you may depend upon its being ſtale: the contrary denotes goodneſs. And in chuſing houſe-lamb, always ſelect that which is very fat and plump.

To dreſs a LAMB'S *Head.* Boil the head and pluck tender, but do not let the liver be too much done; then hack the head croſs and croſs with a knife; grate ſome nutmeg over it, and lay it in a diſh before a good fire; grate ſome crumbs of bread, ſome ſweet herbs rubbed, a little lemon-peel chopped fine, a very little pepper and ſalt, and baſte it with a little butter; then throw a little flour over it, and juſt as it is browned, do the ſame; baſte it, and dredge it. Take half the liver, the lights, the heart and tongue, chop them very ſmall, with ſix or eight ſpoonfuls of gravy, or water; but firſt ſhake ſome flour over the meat, and ſtir it together, then put in the gravy, or water, a good piece of butter rolled in a little flour, a little pepper and ſalt, and what runs from the head in the diſh; ſimmer all together a few minutes, and add half a ſpoonful of vinegar; pour it into your diſh, lay the head in the middle of the mince-meat; have ready the other half of the liver cut thin, with ſome ſlices of bacon broiled, and lay round the head. Garniſh the diſh with lemon, and ſend it to table.

Another way. Waſh the head very clean, take the black part from the eyes, and the gall from the liver; lay the head in warm water; boil the lights, heart, and part of the liver; chop and flour them, and toſs them up in a ſaucepan, with ſome gravy, ketchup, a little pepper, ſalt, lemon-juice, and a ſpoonful of cream; boil the head very white, lay it in the middle of the diſh, the mince-meat round it; the other part of the liver fried,

fried, with ſome very ſmall bits of bacon on the mince-meat, and the brains fried in little cakes, and laid on the rim of the diſh, with ſome criſp parſley put between. Pour a little plain melted butter over the head.

LAMB's *Heads with Parſley juice.* Provide two heads of houſe-lambs, take out the under jaw-bones, and the bone in the neck; cut out the eyes, and chop off the noſtrils; waſh them well, and let them lay in water an hour, blanch them well, put them into a little ſoup pot, pour enough water to cover them, ſkim it well, and ſeaſon with an onion, carrot, a bunch of herbs and parſley, whole pepper, and mace; to preſerve their whiteneſs, you muſt put in a bit of butter and flour mixed, a ſliced lemon, and a morſel of ſuet; let them boil gently till very tender, and provide your ſauce with a ladle of broth well ſeaſoned, daſh in a glaſs of white wine, a bit of butter and flour to thicken it, pepper, ſalt, and nutmeg; provide ſome juice of parſley, boil all a few minutes, diſh up your heads, taking the ſkull bones off with the point of your knife, peel the tongues, and take care not to break the brains; ſqueeze in the juice of lemon or orange, and ſerve them up.

Sheep or lambs trotters are frequently done in the ſame manner, or with a brown ſauce; and make a pretty diſh.

LAMB's *Head, Pontiff Sauce.* Take a lamb's head, about three parts boiled, chop ſome muſhrooms, and fat livers cut in dice; put them in a ſtewpan with a little cullis and white wine, a faggot of ſweet herbs, a little chopped ſhallots, pepper and ſalt; cut the tongue in dice, which you mix with the ſauce; then take the brains

out of the head, put the head into the ragoo or ſauce; cover it with the brains cut in ſlices; baſte them with a little of the ſauce, bread crumbs, and melted butter; bake in the oven till of a good colour; ſerve with *Pontiff Sauce*.—See SAUCES.

To ſtew a LAMB's *Head.* Waſh the head and pick it very clean. Lay it in water for an hour, take out the brains, and carefully extract the bones, the tongue, and eyes; but be careful to avoid breaking the meat. Take two pounds of veal, two of beef ſuet, a very little thyme, a good piece of lemon-peel minced, a nutmeg grated, and two anchovies: chop them well together, grate two ſtale rolls, and mix all with the yolks of four eggs. Save enough of this meat to make about twenty balls. Take half a pint of freſh muſhrooms, clean peeled and waſhed, the yolks of ſix eggs chopped, half a pint of oyſters clean waſhed, or pickled cockles. Mix all theſe together; but firſt ſtew your oyſters, and put to them two quarts of gravy, with a blade or two of mace. Tie the head with packthread, cover it cloſe, and let it ſtew two hours. While this is doing, beat up the brains with ſome lemon-peel cut fine, a little chopped parſley, half a nutmeg grated, and the yolk of an egg. Fry the brains in little cakes in boiling dripping, and fry the balls, and keep them both hot. Strain the gravy the head was ſtewed in, and put to it half an ounce of truffles and morels, and a few muſhrooms, and boil all together; then put in the reſt of the brains that are not fried, and ſtew them together for a minute or two. Pour this over the head, lay the fried brains and balls round it, and garniſh with lemon.

To force a Leg of LAMB. Carefully take out all the meat, leaving the ſkin whole, and the fat on it. Make the lean you cut out into a force-meat thus:—To two pounds of meat, add two pounds of beef ſuet, ſkinned and cut ſmall; beat it in a marble mortar till very fine; and then mix it with four ſpoonfuls of grated bread, eight or ten cloves, five or ſix large blades of mace dried and beaten fine, half a large nutmeg grated, a little pepper and ſalt, a little lemon-peel cut fine, a very little thyme, ſome parſley and four eggs. Mix all together, put it into the ſkin in the ſame ſhape it was; ſew it up, roaſt it, and baſte it with butter. Cut the loin into ſteaks, and fry it nicely; lay the leg on the diſh, and the loin round it, with ſtewed cauliflowers all round upon the loin; pour a pint of good gravy into the diſh, and ſend it to table; the cauliflower may be omitted.

Leg of LAMB *boiled, and Loin fried.* Cut your leg from the loin, boil the leg three quarters of an hour, cut the loin in handſome ſteaks, beat them with a cleaver, and fry them a good brown; then ſtew them a little in ſtrong gravy; put your leg on the diſh, and lay your ſteaks round it; pour on your gravy, lay round lumps of ſtewed ſpinach, and criſped parſley on every ſteak. Send it to the table with gooſeberry-ſauce in a boat.

Another way. Let the leg be boiled very white. Cut the loin into ſteaks, dip them into a few crumbs of bread and eggs, fry them nice and brown; boil a good deal of ſpinach and lay in the diſh; put the leg in the middle, lay the loin round it, cut an orange in four, and garniſh the diſh, and have butter in a cup. Some

like the ſpinach boiled, then drained, put into a ſaucepan with a good piece of butter, and ſtewed.

To fry a Loin of LAMB. Cut your lamb into chops, rub it over on both ſides with the yolk of an egg, and ſprinkle ſome bread crumbs, a little parſley, thyme, marjoram, and winter ſavory, chopped very fine, and a little lemon-peel chopped fine; fry it in butter of a nice light brown, and ſend it up in a diſh by itſelf. Garniſh with a good deal of fried parſley.

Or, you may dreſs lamb chops as above, and put them round in a diſh, as cloſe as you can, leaving a hole in the middle, into which put a ſauce made with all ſorts of ſweet herbs, and parſley, chopped fine, and ſtewed in ſome thick good gravy.

To ragoo a fore Quarter of LAMB. Cut off the knuckle bone, take off the ſkin, lard it all over with bacon, and fry it of a nice light brown, then put it in a ſtewpan, and juſt cover it with mutton gravy, a bunch of ſweet herbs, ſome pepper, ſalt, beaten mace, and a little whole pepper; cover it cloſe, and let it ſtew for half an hour; pour out the liquor, and take care to keep the lamb hot; ſtrain off the gravy, and have ready half a pint of oyſters fried brown, pour all the fat from them, add them to the gravy, with two ſpoonfuls of red wine, a few muſhrooms, and a bit of butter rolled in flour; boil all together, with the juice of half a lemon; lay the lamb in the diſh, and pour the ſauce over it.

A fore Quarter of LAMB *in caul.* Bone a fore quarter of lamb, taking care not to cut the ſkin. Make a forcemeat thus:—Cut four onions in dice, and fry them in lard or butter; when near done, add a little chopped ſhallots, parſley, pepper and ſalt to your taſte, the yolks

of

of five eggs, and half a pint of cream, ſimmer over the fire without boiling till it becomes pretty thick; put this force-meat in the lamb, and faſten it well; roll it in a caul and roaſt it, baſting with butter, or a thin batter and bread crumbs. When done, and of a good colour, ſerve with what ſauce you pleaſe.

It may alſo be done without caul or larding.

To force a hind Quarter of HOUSE LAMB. Cut off the flank, and with a knife raiſe the thick part of the meat from the bone. Make a force-meat with ſome ſuet, a few ſcalded oyſters cut ſmall, ſome grated bread, a little beaten mace, pepper and ſalt, mixed up with the yolks of two eggs; ſtuff it with this under where the meat is raiſed up, and under the kidney. Let it be half roaſted, then put it in a large ſtewpan, with a quart of mutton gravy; cover it, and let it ſtew very gently. When it is enough, keep it hot, ſkim off the fat and ſtrain the gravy; add to it a glaſs of Madeira, one ſpoonful of walnut ketchup, half a lemon, a little kyan, half a pint of ſtewed oyſters, with a piece of butter rolled in flour; pour this over the lamb.

Two hind Quarters of LAMB *with Spinach.* Take your two quarters of lamb, truſs your knuckles in nicely, and lay it in ſoak two or three hours in ſome milk, coriander ſeed, a little ſalt, two or three onions, and parſley; put it boiling in but little water, ſkim it well, put in ſome flour and water well mixed, a lemon or two pared and ſliced, a bit of ſuet, and a little bunch of onions and parſley; ſtir it well from the bottom, and boil it gently, and theſe ingredients will make it as white as a curd. Boil your ſpinach, put to it about a pint of cream, a bit of butter, a little pepper, ſalt, and nutmeg;

ſtir

ſtir it over a ſlow ſtove till it is of a nice conſiſtence, ſqueeze in the juice of a lemon, pour it into the diſh, and lay your lamb upon it, after draining it from fat and water, and take off any of your ſeaſonings that may chance to hang to it.

A neck of veal may be done in the ſame way, taking the chine bone off, and trimming it neatly.

Baked LAMB *and Rice.* Half roaſt a neck or loin of lamb, then cut it into ſteaks; take half a pound of rice boiled in a quart of water ten minutes, put it into a quart of good gravy, with two or three blades of mace and a little nutmeg. Do it over a ſtove or ſlow fire till the rice begins to be thick; then take it off, ſtir in a pound of butter, and when that is quite melted, ſtir in the yolks of ſix eggs, firſt beat; then take a diſh and butter it all over; put a little pepper and ſalt over the ſteaks; dip them in a little melted butter, lay them into the diſh, pour the gravy which comes out of them over them, and then the rice; beat the yolks of three eggs, and pour all over; bake it better than half an hour.

Shoulder of LAMB, *Dauphin faſhion.* Bone a ſhoulder of lamb all to the ſhank bone; make a force-meat of fat livers chopped, muſhrooms or truffles, ſcraped lard, chopped parſley and ſhallots, pepper, ſalt, and three yolks of eggs; mix it well, and put it in the ſhoulder; faſten it well to hinder the force-meat from getting out; then put it in a pan of much its bigneſs, with a little broth and white wine, a faggot of parſley and ſweet herbs, pepper, ſalt, and ſlices of bacon over: ſtew it ſlowly till done, and ſerve it upon ſtewed ſpinach, or any ſort of garden greens, ragoo, or ſauce, you think proper.

Shoulder

Shoulder of LAMB, *Neighbour faſhion.* Prepare the ſhoulder as the preceding; make a force-meat of cold boiled or roaſted fowls, calf's udder or ſuet, bread crumbs ſoaked in cream, chopped parſley, ſhallots, pepper, ſalt, and four yolks of eggs; then fill the ſhoulder with it, and make it as round as poſſible; faſten it well, that the force-meat may not get out; lard it, and ſtew it in broth, with a faggot of ſweet herbs. When done, ſtrain the ſauce through a lawn ſieve, reduce it to a glaze, and glaze the larded part. Serve with what ſauce or ragoo you pleaſe.

LAMB's *Sweetbreads.* Blanch your ſweetbreads, and put into cold water awhile, put them into a ſtewpan with a ladle of broth, pepper, ſalt, a ſmall bunch of green onions and parſley, and a blade of mace; ſtir in a bit of butter with flour, and ſtew all about half an hour. Make ready a liaſon of two or three eggs and cream, with a little minced parſley and nutmeg; put in tops of aſparagus that you have ready boiled, and pour in your liaſon, and take care it does not curdle; add ſome juice of lemon or orange, and ſend it to table. You may uſe peas, young gooſeberries, or kidney beans for this, and all make a pretty diſh.

A Diſh of LAMB's *Bits.* Skin and ſplit the ſtones, lay them on a dry cloth with the ſweetbreads and liver, dredge them well with flour, and fry them in boiling lard or butter a light brown; then lay them on a ſieve to drain; fry a good quantity of parſley, lay your bits on the diſh, and the parſley in lumps over it. Pour melted butter round them.

Houſe

HOUSE *or* GRASS LAMB *Steaks.* Seaſon them with pepper, ſalt, nutmeg, grated lemon peel, and parſley chopped (but dip them firſt in egg); fry them quick, thicken ſome good gravy, add a very little red wine, ketchup, and ſome oyſters; boil theſe together, put in the ſteaks; juſt heat them. Palates may be added ſtewed tender, force-meat balls and hard eggs.

This is a very good diſh, and convenient when poultry is dear.

To fry a Neck or Loin of LAMB. Cut it into thin ſteaks, beat them with a rolling-pin, fry them in half a pint of ale, ſeaſon them with a little ſalt, and cover them cloſe. When enough, take them out of the pan, lay them in a plate before the fire to keep hot, and pour all out of the pan into a baſon; then put in half a pint of white wine, a few capers, the yolks of two eggs beat, with a little nutmeg and a little ſalt; add to this the liquor they were fried in, and keep ſtirring it one way all the time till thick, then put in the lamb, keep ſhaking the pan for a minute or two, lay the ſteaks in the diſh, pour the ſauce over them, and have ſome parſley in a plate before the fire to criſp; garniſh with that and lemon.

LAMPREYS.

To dreſs a LAMPREY. Cleanſe the fiſh from ſlime well with hot water, ſaving their blood; then cut them in pieces and ſtew them in an earthen pipkin with white wine; ſeaſon with ſalt, pepper, nutmeg, burnt butter, a bunch of ſweet herbs and bay leaf; then put to them their

their blood which you ſaved, with a little fried flour and capers, and garniſh them with ſlices of lemons.

LAMPREY *with ſweet Sauce.* Having as before cleared them from the ſlime, ſtew them in red wine with ſalt, pepper, ſugar, cinnamon, burnt butter; adding ſome lemon juice and a piece of green lemon, when you ſerve them up to a table.

To make a LAMPREY *Pye.* The lampreys having been firſt well cleanſed from their ſlime, and reſerved their blood, put it into a pye of fine paſte, ſeaſoned with ſalt, pepper, beaten cinnamon, ſugar, currants, and candy'd lemon-peel; bake it in a moderately heated oven, and when it is half baked, put in the blood and a glaſs of white wine; and before you ſerve it up put in ſome lemon juice.

To pot LAMPREYS. Seaſon them with ſalt, pepper and nutmeg; add a large onion ſtuck with cloves, and three or four ſpoonfuls of claret; put it in a pot, cover it with butter, and bake it; when baked take it out, and ſtrain the liquor from it; pour off the clear butter, and putting it into a fit pan to keep it, add to it as much more as will cover the fiſh.

LARKS.

To roaſt LARKS. Put a ſmall bird ſpit through them, and tie them on another; roaſt them, and all the time they are roaſting, keep baſting them very gently with butter, and ſprinkle crumbs of bread on them till they are almoſt done; then let them brown before you take them up.

The beſt way of making crumbs of bread is to rub them through a fine cullender, and put a little butter into a ſtewpan; melt it, put in your crumbs of bread, and keep them ſtirring till they are of a light brown; put them on a ſieve to drain a few minutes; lay your larks in a diſh, and the crumbs all round, almoſt as high as the larks, with plain butter in a cup, and ſome gravy in another.

A Ragoo of LARKS. Fry your larks with an onion ſtuck with cloves, a few truffles and muſhrooms; pour off the fat; ſhake over the larks, &c. a little flour; put to them ſome good gravy; ſtew them till they are enough. If there is any fat, ſkim it off. Add chopped parſley, lemon-juice, pepper, and ſalt, if neceſſary.

Other ſmall birds may be dreſſed in the ſame manner.

LARKS, *Pear faſhion.* Truſs them cloſe, and cut off the legs; ſeaſon them with ſalt, pepper, cloves and mace, make a force-meat thus;—Take a veal ſweetbread, as much beef ſuet, a few morels and muſhrooms; chop all fine together, ſome crumbs of bread, and a few ſweet herbs, a little lemon peel cut ſmall; mix all together with the yolk of an egg, wrap up the larks in force-meat and ſhape them like a pear; ſtick one leg in the top, like the ſtalk of a pear, rub them over with the yolk of an egg and crumbs of bread; bake them in a gentle oven, ſerve them without ſauce; or they make a good garniſh to a very fine diſh.

You may uſe veal, if you have not a ſweetbread.

LARKS *à-la-Françoiſe.* Truſs your larks with the legs acroſs, and put a ſage leaf over their breaſts; put them upon a long thin ſkewer; between every lark put a piece

piece of thin bacon, then tie the ſkewer to a ſpit, and roaſt them at a briſk clear fire; baſte them with butter, and ſtrew over them ſome crumbs of bread mixed with flour; fry ſome bread crumbs of a fine brown in butter. Lay the larks round the diſh, the bread crumbs in the middle.

LAUNDRY-MAID.

To what we have already ſaid under the head of *clear-ſtarching*, we ſhall add ſome remarks not leſs uſeful to this particular ſervant, than to families in general.

A *copper* for the purpoſe of waſhing is what every family ought to have, on a principle of economy, as it will ſave almoſt two thirds of the coals otherwiſe conſumed; for if the ſtove draws well, (which it may be made to do) it will burn cinders, and almoſt every kind of refuſe, and when the water is once made to boil, a ſmall fire will make it continue. Care ſhould however be taken to keep the copper ſufficiently full of water, leſt the fire ſhould riſe on the ſides and ſcorch the linen.

Clear water, and plenty of it, is indiſpenſably neceſſary, particularly for ſeconding and rinſing cloaths; but as rain and river water is often thick or cloudy, care ſhould be taken to have it properly ſettled, by putting it into veſſels a day or two previous to your waſhing.

The Laundry-maid ought to be very correct in counting, and ſetting down the various articles ſhe receives, and to return whatever has been delivered to her. It will be unneceſſary to caution an honeſt ſervant againſt being waſteful of ſoap, tearing the linen, &c. either in

waſhing, or drying it upon hedges and fruit trees; or ſtirring the linen in the copper with ſticks that are ſplintered or have nails in them; or to ſuffer it to mildew by laying too long undried or unironed; the neceſſity of theſe things is too obvious to need remark; but there are ſome other obſervations worth attending to.

To take out *Iron moulds* before waſhing is a part of her buſineſs that demands attention, and the beſt method of doing it is, to hold the iron mould over the fume of boiling water for ſome time, then pour on the ſpot a little juice of ſorrel and a little ſalt, and when the cloth has thoroughly imbibed the juice, waſh it in lee.

To take out Stains of Oil. Take Windſor ſoap ſhaved thin, put it into a bottle half full of lee, throw in the ſize of a nut of ſal ammoniac, a little cabbage juice, two yolks of new laid eggs, and ox-gall at diſcretion, and laſtly, an ounce of powdered tartar: then cork the bottle, and expoſe it to the heat of the noon day ſun four days, at the expiration of which time it becomes fit for uſe. Pour this liquor on the ſtains, and rub it well on both ſides of the cloth; then waſh the ſtains quickly in clear water, with Caſtile ſoap, and when the cloth is dry, they will no longer appear.

When linen is ſtained by claret or other red wine, ſoak the ſtained part in hot milk three or four times a day for ſeveral days. Or a little ſalt rubbed on the part immediately, will prevent the ſtain from becoming injurious, and it may afterwards be waſhed in hot milk.

Spots of Ink will abſolutely ruin the fineſt linen:—Lemon juice, and the eſſential ſalt of lemon, will by no means anſwer the purpoſe of taking them out: the ſpots will indeed diſappear, but the malignity of the ink ſtill remains

remains to corrode the linen and finally produce a hole: it has been recommended in this caſe to lay the ſtained part of the linen in freſh chamber-lye, for three or four days together, rubbing the ſtained part every time you change the lye. But the moſt effectual way is to take a mould candle, or ſome very pure tallow, melt it, and dip the ſpotted part of the linen in the melted tallow, then put it to the waſh, when it will come perfectly white, nor will there ever be any hole in the ſpotted part. This is given from experience.

When linen has been *ſcorched*, boil two ounces of fuller's earth, and the ſame quantity of Caſtile ſoap, in half a pint of white wine vinegar, and a quart of water, with two onions quartered and half an ounce of hen dung, till it begins to grow ſtickiſh; then ſet it by to cool, and when it is in a ſort of jelly, put in a little ſtarch and white wine, ſpread it upon the ſcorch'd part of the linen, and if it be but ſlightly done, it will ſoon recover it; but if the linen is ſtained, take two ounces of Caſtile ſoap, boil it to a jelly in a quart of milk, preventing it from curdling; ſpread it on as you do fuller's earth, and let it lie on all night, and when that is taken off, wet the place with the juice of a lemon and the ſtains will ſoon diſappear.

The beſt method of getting up *Lace*, is to ſew a bit of muſlin to each ſide of it, then waſh it among muſlins, or by itſelf, in three lathers; and if does not look white, put it into warm butter-milk, and let it lie a day, then hang it up to dry; and if it is not white enough, you muſt put it into ſcalding hot butter-milk, and ſo let lie till it is cold; then waſh it out in two or three lathers, according as you ſee occaſion: but the lathers muſt not

be

be blue; then rinſe it in pump water; after which pin it upon your board by the muſlin very even; then take muſlin the length of the lace, and dip it in water ſtarch, and ſo lay it upon the lace till it is dry; obſerve not to ſqueeze any of the ſtarch out of the muſlin.

When the lace is dry, pick out the purls and the foot very tenderly.

If you open the purls, you muſt make a round hardiſh pillow, and lay paper on it, which will ſhew the purls the plainer; afterwards lay your lace upon the paper, and with a long ſlender needle, and very clean hands, you may eaſily open them, if they are well picked out at firſt; after you have opened them, lay them upon the board, with a muſlin over them, and iron them with an iron not too hot.

To do lace as it is done in Holland, you muſt pick it off your linen, then take a clean piece of glaſs, and ſew a thick piece of muſlin over it (but let the glaſs be ſquare) then roll the lace very even upon the glaſs, and between every roll ſoap it; when it is all ſoaped and rolled up, cover it with another piece of thick muſlin, and let it lie in hot water till the water is cold, which will ſoak out the dirt; then put it in a large ſaucepan of water, and boil it, which repeat; but in your laſt boil you muſt put in ſoap enough to make a lather; when you have done boiling it, lay it in a dry cloth to ſoak out the ſuds; when you perceive the ſuds to be out of it, and it appears ſomewhat dry on the outſide, rinſe it in two clear pump waters with a little blue in them, and lay it in a dry cloth as before, to ſoak out the water till it is almoſt dry; then lay it in ſtarch water

a very

a very little while, and wipe the ſtarch off on the outſide, and ſqueeze it not too hard to make the ſtarch come through to the glaſs; then dry it quickly, becauſe if it is too long a drying, it will make it look yellow: let it be a little damp when you take it off the glaſs, or it will ſtick one roll to another, and be apt to tear; then lay it on a clean dry cloth, and pull out the purls where you ſee occaſion; if your lace be new the purls will open; next ſew it upon the muſlin, and rub it open with a warm iron, that it may not look tumbled; your lace will look white as ſnow, and as like new as poſſible.

Some have done them on a board, but that makes them look yellow, and is apt to iron mould them.

This is a very excellent way to do any fringes; but they *muſt not* be ſtarched.

LEPROSY.—See SCURVY.

LIPS.

The lips are covered with a delicate ſkin, which becomes chapped, and very eaſily cracks, eſpecially during froſty weather, or in a north wind. A fever, or an exceſſive heat in the bowels, ſometimes withers this ſkin too, and makes it break, ſo as to fall off in little ſcales like bran. It alſo happens, very frequently, that when you have been touching any thing that is unclean, and put your fingers immediately afterwards to your mouth, the

the ſkin of the lips thereby becomes chapped and pimpled; but if you have touched any venomous ſubſtance, you may not get off ſo eaſy. Drinking immediately after people who have any bad diſorder is very often the cauſe of pimples and puſtules on the lips. The beſt remedy for which is a cruſt of bread applied hot to the lips.

The readieſt method of curing ſimple chaps, and pimples, or ſcabs of the lips, is to rub them with the following pomatum:

Take three ounces of the fat of veal kidney, melt it over a gentle fire, then ſtrain it, and waſh it ſeveral times in water. Put it again upon a very ſlow fire, with the ſame quantity of white wax, two ounces of the expreſſed oil of ſweet almonds, half an ounce of ſpermaceti, and a little alkanet-root, well bruiſed. Melt all together gently, and ſtir them well, till the alkanet has communicated its red colour to the pomatum: then take it off the fire, and put it up in a gallipot.

Or, take hog's lard waſhed in roſe water, half a pound, red roſes, and damaſk roſes, bruiſed, a quarter of a pound, knead them together, and let them lie two days; then melt the hog's lard, and ſtrain it from the roſes:—add a freſh quantity of the latter, knead them in the hog's lard, and let them lie together two days as before; then gently ſimmer the mixture in a vapour bath: preſs out the lard, and keep it for uſe.

Either of the foregoing will perfectly anſwer the intention; and compoſitions of this kind may be varied without end.—Theſe ſalves, however, will not be of ſervice when the lips are pimpled or ſcabbed from a venomous

mous infection; or from drinking after people who have any diſeaſe.

A practice very hurtful and dangerous to the lips of children, and which people are in general not ſufficiently aware of, is giving them whiſtles; they are commonly daubed over with paint; every body plays upon them; and there is not a ſervant in the houſe, though his lips are never ſo ſcabbed, but muſt uſe the child's whiſtle; to whom it is given again wet, moſt likely with ſaliva, and what may be the conſequence, it is eaſy to gueſs.

Diſorders in the lips are many times contracted from a cauſe which is never ſuſpected, and yet is very common. We have a cuſtom, when beginning to write with a new-made pen, of putting the point of it to our mouth to wet it, and thereby make it draw ink more eaſily. This we ought to take care of, unleſs we make the pen ourſelves, or are ſure that the perſon who made it is free from diſeaſe; becauſe, whoever makes a pen, always wets it, in order to try whether it will write. It is true, he wipes it afterwards; but ſeldom ſo well as to take off all the ſaliva; and what is left of this, though it be dried, or in ever ſo ſmall a quantity, is a leaven which may communicate a diſeaſe of the lips, or any other contagious illneſs, from one perſon to another. This remark will be corroborated by reflecting on what ſort of people are employed in making pens for ſale.

LIVER *and* CROW *of an* Hog.

Take theſe with the ſweetbreads ſoon after the hog has been killed, cut the liver in pieces, twice as big as

a walnut; but not in thin pieces, for then they will become hard in the dreſſing.

Alſo cut the crow and ſweetbreads into ſlips about the breadth of two fingers: then parboil the pieces of liver, and having ready a thick batter of flour, water and eggs, ſeaſoned with a little ſalt, and having alſo ſome red ſage ſhred very fine, grated bread and beaten pepper, mix all theſe latter together; and having heated butter or lard very hot in a frying pan, dip the crow and ſweetbread in the batter; and immediately dip the pieces of liver in the mixture of bread, ſage, &c. and put them into the pan.

When the meat is enough, ſet it to drain before the fire, and then dip the bits of liver into the batter; and after that into the crumb bread and give them a turn or two in the pan over a quick fire; then drain them alſo, and ſerve them up hot with butter and muſtard.

LOBSTERS.

A hen lobſter is broader in the middle of the tail than the cock, but its claws are not ſo large; they are preferable on account of the ſpawn, particularly when it is on the outſide of the tail. The heavieſt are the beſt, if there be no water in them; it is beſt to buy them alive, but when boiled, if they were freſh, the tail will fly up like a ſpring when opened; and the middle of the tail will be full of hard, reddiſh ſkinned meat.

To roaſt LOBSTERS. Put a ſkewer into the vent of the tail of the lobſter, to prevent the water getting into the body of it, and put it into a pan of boiling water, with a little ſalt in it; and if it be a large one, it will take half

an

an hour boiling; then lay it before the fire, and baſte it with butter till it has a fine froth. Diſh it up with plain melted butter in a boat. This is a better way than actually roaſting them, and is not attended with half the trouble.

Another way to roaſt LOBSTERS. Half boil your lobſters, then lay them before the fire, and baſte them with butter till they have a fine froth, and the ſhell looks of a dark brown. Diſh them up with plain melted butter in a cup.

LOOSENESS.—See DYSENTERY.

LOTION.

The following may be uſed as one of the ſafeſt preparations for taking away freckles, ſun-burn, and ſimilar inconveniences: though we would only recommend an occaſional, not a conſtant uſe of ſuch compoſitions:

Take Damaſk roſe water, three quarters of a pint; olive oil, one quarter of a pint; ley of tartar, half an ounce by meaſure.—Grind the ley of tartar and the oil together until they unite; then gradually add the roſe water.

If this lotion be applied to the removal of pimples or fluſhing in the face, we muſt recommended to the ladies that they will at the ſame time take a few doſes of cooling phyſic.

M.

MACKAREL.

When the gills of mackarel are of a fine ſhining redneſs, their eyes ſtand full, and the fleſh is ſtiff, then they are new; but if the eyes are duſky or faded, the ſkin ſinking and wrinkled, and the tails limber, they are certainly ſtale.

To boil MACKAREL. Make a ſauce with half a pint of white wine, ſome weak broth, ſweet herbs, bits of roots, ſlices of onions, pepper and ſalt; boil theſe together about an hour; then boil the fiſh therein, and ſerve with a ſauce made of butter, a little flour, ſome ſcalded chopped fennel, one ſhallot chopped very fine, a little of the boiling liquid, and a lemon ſqueeze when ready.

Another way. Boil them in ſalt and water; a very little vinegar, parſley and butter, fennel ſauce, and coddled gooſeberries.

MACKAREL *à-la Maitre d'Hotel.* Wipe three mackarel very dry with a clean cloth; cut them down the back from head to tail, but not open; flour them, and broil them nicely; chop a handful of parſley, and a handful of green onions very fine, mix them up with butter, pepper, and ſalt. Put your mackarel in the diſh, and the parſley, &c. into the cut in the back, and put them before the fire till the butter is melted. Squeeze the juice of two lemons over them, and ſend them up hot.

To broil MACKAREL *whole.* Cut off the heads, gut and waſh them clean, pull out the roe at the neck end, boil it in a little water, then bruiſe it with a ſpoon; beat

beat up the yolk of an egg, with a little nutmeg, a little lemon-peel cut fine, a little thyme, ſome parſley boiled and chopped fine, a little pepper and ſalt, a few crumbs of bread. Mix all well together, and fill the mackarel; flour it well, and broil it nicely. Let your ſauce be plain butter, with a little catchup or walnut pickle.

Another way. Clean your mackarel, ſplit them down the back, and ſeaſon them with pepper and ſalt, ſome mint, parſley, and fennel, chopped very fine. Flour them, and fry them of a fine light brown, and put them on a diſh and ſtrainer. Let yout ſauce be fennel and butter, and garniſh with parſley.

MACKAREL *au Court Bouillon.* Put in a ſtewpan ſome weak broth, half a pint of white wine, ſliced roots, onions, ſweet herbs, pepper, and ſalt; boil this together about half an hour, then boil the fiſh in it; make a ſauce with a piece of butter, a little flour, one ſhallot chopped very fine, ſome ſcalded fennel chopped, and a little of the boiling liquid. When ready to ſerve, add the ſqueeze of a lemon.

To bake MACKAREL. Cut the heads off, waſh and dry the bodies in a cloth, cut them open, rub the bone with a little bay ſalt beat fine; take mace, black and white pepper, a few cloves, all beat fine; lay the fiſh in a long pan, and between every layer of them, put two or three bay leaves, cover them with vinegar; tie writing paper over them firſt, and then thick brown paper doubled; they muſt be put into a very ſlow oven, and will take a long time doing. When they are enough, uncover them, let them ſtand till they are cold, then pour away all the vinegar they were baked in, cover them with ſome more vinegar, and put in an onion ſtuck

with cloves. Let them ſtand two hours longer in a very ſlow oven. They will keep a great while. Always take them out with a ſlice; the hands will ſpoil them.

MANGOES.—See CUCUMBERS and PICKLING.

MARCH.

PRODUCTIONS OF THE MONTH.

Meat.
Beef
Houſe lamb
Mutton
Pork
Veal

Poultry.
Capons
Chickens
Ducklings
Fowls
Pigeons
Pullets
Tame Rabbits
Turkeys

Fiſh.
Carp
Crabs
Cray-fiſh
Eels
Flounders
Lobſters
Mullets
Plaice
Scate
Soles
Tench
Thornback
Turbot
Whitings

Vegetables.
Aſparagus
Beets
Brocoli, purple and white
Burnet
Cabbage
Cardoons
Carrots
Celery
Coleworts
Chervil
Clary
Creſſes
Endive
Eſchalot
Garlic
Jeruſalem Artichokes
Lettuce
Mint
Muſhrooms
Muſtard
Onions
Parſley
Parſnips
Potatoes
Purſlane
Radiſh
Rape
Savory
Spinach
Tanſey
Taragon

Fruit.
Apples
Pears

DINNERS OF TWO COURSES.

Firſt Courſe.

Onion Soup removed with ſtewed Soals.

Pigeon pie. Greens. Harrico of mutton.

Calf's head à-la turtle.

Melted butter. Wine ſauce.

Peaſe pudding.

Veal cutlets. Tanſy pudding.

Leg of pork boiled.

Second

Second Courſe.

Two ſmall chickens roaſted.

Apricot fritters. Lemon cream.

Preſerved cherries.

Aſparagus boiled.

Stewed pears. Peaches in brandy. Compote of pippins.

Blamonge. Almond cheeſe cake.

Scalloped oyſters.

DINNERS OF THREE COURSES.

Firſt Courſe.

Soup Lorrain.

Sheeps rumps. Almond pudding. Fillet of pork.

Chine of Mutton, and ſtewed celery. Stewed carp or tench. Lamb's head.

Veal collops. Beef ſteak pie. Calves ears.

Onion ſoup.

Second Courſe.

A poulard larded and roaſted.

Aſparagus. Blanc mange. Prawns.

Ragoo'd ſweet-breads. A trifle. Fricaſſee of rabbits.

Craw-fiſh. Cheeſecakes. Fricaſſee of muſhrooms.

Tame pigeons roaſted.

Third Courſe.

Ox palates ſhivered.

Tartlets. Potted larks. Stewed pippins.

Cardoons. Jellies. Spaniſh peaſe.

Black caps. Potted partridge. Almond cheeſe-cakes.

Cocks combs.

MAR-

MARMALADE.

Orange MARMALADE. Take the cleareſt Seville oranges, and cut them in two; put the pulp and juice into a pan, and pick the ſkins and ſeeds out; boil the rinds in hard water till they are very tender, change the water three times while they are boiling, then pound them in a mortar, and put in the juice and pulp; put them in a preſerving pan, with double their weight of loaf-ſugar, ſet it over a ſlow fire, boil it gently forty minutes; put it into pots. Cover it with brandy paper, and tie it down cloſe.

Red Quince MARMALADE. Pare quinces that are full ripe, cut them in quarters, and core them; cover them with the parings, in a ſaucepan almoſt full of ſpring water, cover it cloſe, and ſtew them gently till they are quite ſoft, and of a deep pink colour; then pick out the quinces from the parings, and beat them to a pulp in a mortar; take their weight in loaf-ſugar, put in as much of the water they were boiled in as will diſſolve it, and boil and ſkim it well; then boil the quinces gently three quarters of an hour; keep ſtirring them all the time, or it will ſtick to the pan and burn; put it into flat pots, and when cold, tie it down cloſe.

White Quince MARMALADE. To a pound and a half of quinces take a pound of double-refined ſugar, make it into a ſyrup, boil it high; pare and ſlice the fruit, and boil it quick; when it begins to look clear, pour in half a pint of juice of quinces, or if quinces are ſcarce, pippins; boil it till thick, take off the ſcum with a paper. To make a juice, pare the quinces, or pippins, cut them

from

from the core, beat them in a ſtone mortar, ſtrain the juice through a thin cloth; to every half pint, put more than a pound of ſugar; let it ſtand at leaſt four hours before it is uſed.—See alſo APPLE MARMALADE.

MAY.

ARTICLES IN SEASON.

Meat.
Beef,
Lamb,
Mutton,
Veal.

Poultry.
Chickens,
Ducklings,
Fowls,
Green Geeſe,
Leverets,
Pullets,
Rabbits.

Fiſh.
Carp,
Chub,
Crabs,
Cray-fiſh,
Eels,
Herrings,
Lobſters,
Prawns,
Salmon,
Smelts,
Soles,
Tench,
Trout,
Turbot.

Vegetables.
Artichokes,
Aſparagus,
Sallad,
Beans,
Beets,
Carrots,
Cauliflowers,
Cucumbers,
Lettuce,
Peaſe,
Potatoes,
Radiſhes,
Spinach,
Sorrel,
Turnips.

Fruit.
Apples,
Gooſeberries, & Currants, for Tarts,
Pears,
Strawberries.

DINNERS OF TWO COURSES.

Firſt Courſe.

Rice ſoup, removed with ſtewed carp and white ſauce.

Beef collops.
Wine ſauce.
Plum pudding.
Plain butter.
Tongue boiled.

Turnips.
Pig roaſted.
Cauliflower.

Two ſmall chickens boiled.
Parſley and butter.
Sheeps rumps and rice.
Currant ſauce, or panada.
Pigeon in form of a moon.

Loin of veal roaſted.

Second Courſe.

Green gooſe.

Cuſtards. Fricaſſee of lobſters.

Potted veal.

Raſps in jelly. Strawberries.

Deſert frame.

Green Peaſe. Artichokes.
Cherries. Eggs marinaded. Preſerved green gages.
Fried ſmelts. Green gooſeberry tarts.

Leveret roaſted.

DINNERS OF THREE COURSES.

Firſt Courſe.

Salmon broiled.

Rabbits with onions. Olives. Collar'd Mutton.
Pigeon pie raiſed. Veal
Ox palates. Vermicelli ſoup. Tart de moi.
Chine of Lamb. Matelot of tame duck.
Mackarel.

Second Courſe.

Green gooſe.

Aſparagus. Cuſtards. Cocks combs.
Green gooſebery tarts. Epergne. Green apricot tarts.
Lamb cutlets. Blanc mange. Stewed celery.
Roaſt chickens.

Third Courſe.

Lamb ſweetbreads.

Stewed lettuce. Rheniſh cream. Raſpberry puffs.
Lobſters ragooed. Compot of green apricots. Buttered crab.
Lemon cakes. Orange jelly. French beans.
Ragout of fat livers.

MEAD.

MEAD.

To ten gallons of water add two gallons of honey and a handful of race ginger; alſo two lemons cut in ſlices; boil the mixture very well, and keep it carefully clean of ſcum; turn it into a clean earthen or wooden veſſel to ſtand all night, and the next morning barrel it up with two or three ſpoonfuls of good yeaſt: in a month afterwards you may bottle it.

The country ladies who make mead for family uſe, have various deviations from the foregoing, though not eſſentially different: it would not be improper to mix ſome white of eggs with it before it is ſet on the fire: and though the boiling is indiſpenſably neceſſary, yet too long continuance will render it a mere ſtum. A ferment is equally neceſſary, but whatever is made uſe for that end, ought to be very ſweet and good, for the leaſt taint will be communicated to the whole liquor. Some have added hops to their mead, which as the bitterneſs goes off, gives a very pleaſant flavour to the liquor.

Cowſlip MEAD. Take fifteen gallons of water, and thirty pounds of honey, boil them together till one gallon is waſted, ſkim it, and take it off the fire. Have ready ſixteen lemons cut in halves, put a gallon of the liquor to the lemons, and the reſt into a tub with ſeven packs of cowſlips; let them ſtand all night, then put in the liquor with the lemons, and eight ſpoonfuls of new yeaſt, and a handful of ſweet-briar; ſtir them all well together, and let it work three or four days; then ſtrain it, and put it in your caſk, and in ſix months time you may bottle it.

MEASLES.

The approach of the meaſles is foretold by complaints, frequently differing in different conſtitutions. It is uſually preceded by ſhiverings and hot fits in alternate ſucceſſion, by dulneſs and inclination to ſleep, in children; and in grown perſons, very violent and continued headachs, an univerſal reſtleſſneſs, ſore throat, every mark of inflammation in the eyes, accompanied with the emiſſion of ſharp ſcalding water, ſwoln eyelids, and a diſability to endure the light without ſenſations extremely painful; a conſtant defluxion from the noſe, promoted by frequent ſneezings, thirſt, loſs of appetite, a diſcoloured yet not dry tongue, ſickneſs, an inclination to vomit, or more uſually a looſeneſs with green and fœtid ſtools, ſweating, a cough and ſuffocation: in ſome caſes the cough, which is ſmall, dry, and irritating, is the firſt ſymptom, and attacks the patient ſeveral days before any other indiſpoſition appears.

The ſymptoms generally proceed with increaſing violence till the fourth, or in ſome caſes, till the fifth day, when the eruption begins to make its appearance in ſmall, round, red ſpots on the face, and thence ſpreading over the whole body in a ſort of continued figure; for though many parts of the ſkin remain free from eruption, yet it always appears joined together by a chain or ſtring of puſtules, by which circumſtance it may in the early ſtages of it be diſtinguiſhed from the ſmall pox; in ſome caſes the breaſt and ſtomach are the firſt ſeats of the eruption. Theſe inflammatory appearances occaſion a ſwelling of the face, and in ſome inſtances actual blindneſs. The appearance of the eruption makes but little alteration in the ſymptoms.

From the fifth day to the ſeventh, the forehead and face begin to grow rough from the drying up of the puſtules, which, from thence to the ninth day, continue to peel off from the whole body in ſmall ſcales, which have the appearance of bran; and by this time no external remains of the diſeaſe can be diſcovered but a trifling redneſs on the ſkin, which diſappears in a day or two at fartheſt.

But the ſymptomatic complaints are not ſo eaſily diſpoſed of; on the contrary, they rather ſeem to act with redoubled vigour; the cough becomes more frequent, and diſturbs the patient's reſt by night as well as day, threatening an inflammation on the lungs, which too often proves fatal; the difficulty of breathing increaſes; and theſe unpromiſing ſymptoms, which are frequently occaſioned by a regimen and medicines improperly warm, are followed by a looſeneſs, which in many caſes reduces the patient ſo low that his life is in imminent danger.

The ſpots ſometimes aſſume a livid colour, and at others become quite black; appearances from whence the worſt conſequences may be apprehended.

If this diſeaſe is accompanied with an inclination to ſweat moderately; if the body continue rather open than otherwiſe, but without ſhewing any tendency to a looſeneſs; if the diſcharge of urine is conſiderable, and the various complaints in the head and eyes, the fever, and cough decreaſe, as the diſtemper advances—little danger need be apprehended from the meaſles themſelves, or of their leaving any ill conſequences behind them.

But if the fever and accompanying ſymptoms gain ſtrength in the progreſs of the diſeaſe; if the ſpots ſhould ſuddenly grow pale or livid, or totally diſappear,

and

and be ſucceeded by coldneſs of the extreme parts, reſtleſſneſs, or delirium; if the patient ſhould be afflicted with great difficulty of ſwallowing, exceſſive ſweats, a violent propenſity to vomit, or convulſion fits; the utmoſt exertions will be required to produce a change in his favour.

Through the whole courſe of this diſorder great attention ſhould be paid to the regimen, which ſhould be generally of the ſame cooling kind as will be hereafter recommended in the inoculated ſmall pox; but, except under particular circumſtances, acids may be avoided, on account of the cough; nor, for the ſame reaſon, ſhould the patient be indulged in the uſe of ſmall-beer: whey, barley-water, baulm-tea, decoction of the leaves and roots of the common mallow, or of marſh-mallows, and liquorice root, linſeed tea, or any other diluting drinks, may be taken freely, ſweetened with honey or fine ſugar, according to the ſtate of the patient's body; the former being calculated to promote, the latter to reſtrain looſeneſs. But the meaſles does not admit of the ſame freedom with reſpect to air and expoſure as the ſmall pox; a ſudden change, or a damp or cold air, will in the former frequently occaſion very troubleſome and obſtinate pains in the breaſt, with a ſuppreſſion of breath, approaching to aſthma.

If the ſymptoms are at all ſevere, bleeding will be found neceſſary in the firſt ſtages of this diſeaſe, and muſt be repeated according to age and ſtrength, whenever the continuance of the fever, ſuffocation, ſtraitneſs acroſs the breaſt, or other ſymptoms which ſeem to threaten inflammations of the lungs, appear in any degree to require it. Nor is this operation attended with danger in any ſtate of the diſeaſe; though it will be prudent to omit

omit bleeding where it proceeds mildly, and is not accompanied with unfavourable circumſtances. Bliſtering alſo may be uſeful on the occurrence of violent ſymptoms.

The cough may be ſoftened by a mixture of ſpermaceti, or oil of almonds and ſugar-candy; but the moſt effectual method to relieve both the cough and hoarſeneſs with which it is frequently attended, is to receive the ſteams of warm water, or of tea made with any of the pectoral herbs, into the throat; and for this purpoſe the patient ſhould hold his head over any narrow-mouthed veſſel, about half full of ſuch water or decoction, at leaſt three or four times a day.

Gentle anodynes, ſuch as ſyrup of poppies, or a ſmall quantity (not exceeding a drop or two for a child) of laudanum, in a ſpoonful of any ſimple water, may be repeated every night after the eruption, in caſe of conſiderable reſtleſſneſs or uneaſineſs from the cough; but theſe medicines ſhould not be adminiſtered if the patient is tolerably eaſy, and his ſleep undiſturbed. Great care is at all times neceſſary to prevent coſtiveneſs, a tendency to which ſhould be removed by frequent clyſters.

In caſe of a ſudden check or diſappearance of the eruption, attended with ſickneſs, faintneſs, and a low or irregular pulſe, negus, or even wine and cordials, ſhould be frequently taken, the body ſhould be gently chafed with warm cloths, and bliſters applied to the limbs. Warm plaiſters to the inſides of the hands, and ſoles of the feet, or cataplaſms of bread with muſtard-ſeed or horſe-radiſh, may alſo be tried in caſes of emergency; and the immediate application of bliſters is adviſed on the

the firſt appearance of convulſions, to which very young ſubjects are ſometimes liable.

The bark may be given with advantage in almoſt every ſtage of this diſtemper, eſpecially after the preparation of bleeding and opening the body; it relieves the cough, leſſens the hoarſeneſs, and prevents the advance of other diſagreeable ſymptoms. It is of ſingular uſe in the appearance of purple or black ſpots, taken in ſubſtance from ten grains to thirty, in proportion to the patient's age, in a ſpoonful of any liquid; to which may be added a few drops of ſpirit of vitriol. And as many, if not moſt of the alarming ſymptoms which attend the going off of the eruption, are occaſioned by the return of the diſeaſed matter into the blood, the bark, adminiſtered at this period of the diſeaſe, cannot fail to produce very happy effects.

Purges are neceſſary after the meaſles, but by no means violent ones; nor ſhould they in general be given till the eruptions have entirely diſappeared; but gentle perſpiration, during the wearing off of this diſeaſe, may in moſt caſes be promoted with advantage.

Among the other diſagreeable relics of this diſorder, a looſeneſs is not uncommon; and when it proceeds to ſuch violence as to occaſion conſiderable weakneſs, it ſhould be cautiouſly checked, but by no means ſuddenly ſtopped: a few grains of rhubarb, which may be accompanied with a ſmall quantity of ſaffron, and powder of crab's eyes or oyſter-ſhells, will in general anſwer the purpoſe effectually.

Air and exerciſe are great aſſiſtants in the recovery from this diſorder; but the former ſhould never be taken during the prevalence of ſharp or moiſt winds, which

which will aggravate the cough and endanger the lungs; nor ſhould the latter be uſed in ſo violent a degree as to produce fatigue: a light diet, abſtinence from fleſh, weak and diluting liquors, and in caſes of extraordinary weakneſs, aſſes milk, will conduce to the re-eſtabliſhment of the patient's health.

MIXTURES.

This is ſeldom either an elegant or agreeable form of medicines; it is nevertheleſs neceſſary. Many perſons can take a mixture, who are not able ſwallow a bolus or an electuary: beſides, there are medicines which act better in this than in any other form.

Aſtringent MIXTURE. Take ſimple cinnamon water and common water, of each three ounces; ſpirituous cinnamon water, an ounce and a half; Japonic confection, half an ounce: mix them. In dyſenteries which are not of long ſtanding, after the neceſſary evacuations, a ſpoonful or two of this mixture may be taken every four hours, interpoſing every ſecond or third day a doſe of rhubarb.

Diuretic MIXTURE. Take of mint water, five ounces; vinegar of ſquills, ſix drams; ſweet ſpirits of nitre, half an ounce; ſyrup of ginger, an ounce and a half. Mix them. In obſtructions of the urinary paſſages, two ſpoonfuls of it may be taken twice or thrice a day.

Laxative Abſorbent MIXTURE. Rub one dram of magneſia alba in a mortar with ten or twelve grains of the beſt Turkey rhubarb, and add to them three ounces of common water; ſimple cinnamon water, and ſyrup of ſugar, of each one ounce.

As moſt diſeaſes of infants are accompanied with acidities, this mixture may either be given with a view to correct theſe, or to open the body. A table ſpoonful may be taken for a doſe, and repeated three times a day. To a very young child half a ſpoonful will be ſufficient.

When the mixture is intended to purge, the doſe may either be increaſed, or the quantity of rhubarb doubled. This is one of the moſt generally uſeful medicines for children with which we are acquainted.

Saline MIXTURE. Diſſolve a dram of the ſalt of tartar in four ounces of boiling water; and when cold, drop into it ſpirit of vitriol till the efferveſcence ceaſes; then add of peppermint water, two ounces; ſimple ſyrup, one ounce. When freſh lemons cannot be had, this mixture may occaſionally ſupply the place of the ſaline julep.

MUSHROOMS.

This fungus has been ſo long admitted to the table, and by ſo many eſteemed a delicate diſh, that we are of courſe obliged to give its culinary preparations, at the ſame time we muſt caution our readers not only againſt too liberal a uſe of them, but alſo to be very careful in their choice, and of whom they purchaſe.

To ragoo MUSHROOMS. Scrape the inſide of ſome large muſhrooms, and broil them; when a little brown put them into ſome gravy thickened with ale, a little flour, a very little Madeira, ſalt, kyan, and a little juice of lemon. Boil theſe together.

To ſtew MUSHROOMS. Firſt put your muſhrooms in ſalt and water, then wipe them with a flannel, and put them

them again in ſalt and water; then throw them into a ſaucepan by themſelves, and let them boil up as quick as poſſible; then put in a little kyan pepper, and a little mace; let them ſtew in this a quarter of an hour, then add a tea-cupful of cream, with a little flour and butter the ſize of a walnut. Serve them up as ſoon as done.

MUSHROOM *Loaves.* Take ſmall buttons, and waſh them as for pickling, boil them a few minutes in a little water; put to them a little cream, a piece of butter rolled in flour, ſalt, and pepper; boil this up, and fill ſome ſmall Dutch loaves. If they are not to be had, ſmall French rolls will do, the crumb taken out; but not ſo well as the loaves.

To fricaſſee MUSHROOMS. Peel your muſhrooms, and ſcrape the inſide of them, throw them into ſalt and water if buttons, rub them with flannel, take them out and boil them with freſh ſalt and water. When they are tender, put in a little ſhred parſley, an onion ſtuck with cloves; toſs them up with a good lump of butter rolled in a little flour. You may put in three ſpoonfuls of thick cream, and a little nutmeg cut in pieces; but take care to take out the nutmeg and onion before you ſend it to table. You may leave out the parſley, and ſtew in a glaſs of wine, if you like it.

MUTTON.

To chuſe MUTTON. When mutton is old, the fleſh in pinching will wrinkle, and remain ſo; if young the fleſh will pinch tender, and the fat will eaſily part from the lean; but if old it will ſtick by ſkins and ſtrings. The

fleſh of ewe mutton is paler than wether mutton, is eaſier parted, and has a cloſer grain. When the fleſh has a pallid whiteneſs, inclining to yellow, and is looſe at the bone, you have reaſon to expect its being rotten, or inclining that way. To know whether it be new or ſtale, obſerve the directions in chuſing lamb.

In roaſting MUTTON, the loin, the chine, and the ſaddle muſt be papered, and have the ſkin raiſed and ſkewered on; and, when near done, take off the ſkin, baſte and flour it, to froth it up. All other parts of mutton and lamb muſt be roaſted with a quick clear fire, without the ſkin being raiſed, or paper put on. You ſhould always obſerve to baſte your meat as ſoon as you lay it down to roaſt, ſprinkle ſome ſalt on, and, when near done, dredge it with a little flour to froth it up. Garniſh mutton with horſe-radiſh. If garlic is not diſliked, ſtuff the knuckle part of the leg with two or three cloves of it. For ſauce—potatoes, pickles, ſallad, celery raw or ſtewed, broccoli, French beans, cauliflowers, or, to a ſhoulder of mutton, onion ſauce.

To collar a Breaſt of MUTTON. Take the ſkin off and bone it, roll it up in a collar like the breaſt of veal, put a quart of milk and a quarter of a pound of butter in the dripping-pan and baſte it well while it is roaſting. Sauce, good gravy in the diſh and in a boat, and currant jelly in another.

Another way. Bone your mutton, and rub over it the yolk of an egg, then grate over it a little lemon peel and a nutmeg, with a little pepper and ſalt, then chop ſmall one tea-cupful of capers, two anchovies, ſhred fine, a handful of parſley, a few ſweet herbs, mix them with the crumb of a penny loaf, and ſtrew it over your mutton,

ton, and roll it up tight; boil it two hours, then take it up, and put it in a pickle made as follows: To one pint of ſalt and water, put half a pint of vinegar.

MUTTON *Kebobbed.* Joint a loin of mutton between every bone; ſeaſon it with pepper and ſalt moderately, grate a ſmall nutmeg all over, and rub it with crumbs of bread and ſweet herbs mixed in the yolks of eggs, and put it on a ſmall ſpit; roaſt before a quick fire, and baſte it with a little piece of butter, and then with what comes from it; when it is enough, lay it in the diſh, and have ready half a pint of good gravy, and what comes from it. Take two ſpoonfuls of catchup, and mix a teaſpoonful of flour with it, and put to the gravy; ſtir it together, give it a boil, and pour over the mutton.

You muſt obſerve to take off all the fat of the inſide, and the ſkin off the top of the meat, and ſome of the fat if there be too much. When you put what comes from your meat into the gravy, obſerve to pour off all the fat.

Another way. Having cut a loin of mutton into four pieces, take off the ſkin, rub them with the yolk of an egg, and ſtrew over them a few crumbs of bread, and a little parſley ſhred fine. Spit and roaſt them, and keep baſting them all the time with freſh butter, in order to make the froth riſe. When they are properly done, put a little brown gravy under them, and make uſe of pickles for garniſh.

A Harrico of MUTTON. Take a neck or loin of mutton, cut it into thick chops, flour them, and fry them brown in a little butter; lay them to drain on a ſieve, then put them into a ſtewpan, and cover them with gravy; put in a whole onion, and a turnip or two, and ſtew

them till tender; then take out the chops, ſtrain the liquor through a ſieve and ſkim off all the fat; melt ſome butter with a little flour, add the liquor, and ſtir it well all the time you are pouring it, or it will be in lumps; put in your chops and a glaſs of Liſbon; have ready ſome carrots about three quarters of an inch long, and cut round with an apple corer, ſome turnips cut with a turnip ſcoop, a dozen ſmall onions blanched well; put them to your meat, and ſeaſon with pepper and ſalt; ſtew them very gently for fifteen minutes, then take out the chops with a fork, lay them in your diſh, and pour the ragoo over it. Garniſh with beet root.

Another way. Cut a neck of mutton, or a loin, into ſhort ſteaks; fry them, flour them, put them into a ſtew-pan with a quart or three pints of beef broth, a carrot ſliced, a turnip, an onion ſtuck with cloves, a few pepper corns, and ſome ſalt; let them ſtew till tender, they will take three hours, as they ſhould do gently: take out the mutton, ſtrain the ſauce, put to it carrots cut in wheels, or any ſhape, turnips in balls, and celery cut to pieces, all boiled ready; ſimmer theſe a minute or two in the ſauce, lay the mutton in the diſh, and pour the ſauce over. If it cannot be ſerved immediately, put the mutton into the ſauce to keep hot.

Neck of MUTTON *called The Haſty Diſh.* Get one of thoſe diſhes called a *necromancer*:—Take a neck of mutton of about ſix pounds, take off the ſkin, cut it into chops, not too thick, ſlice a French roll thin, ſlice a very large onion, ſlice three or four turnips, lay a row of mutton in the diſh, on that a row of roll, then a row of turnips, and then onions; a little ſalt, then the meat, and ſo on; put to it a little bundle of ſweet herbs, and two

or

or three blades of mace; have a tea kettle of water boiling, fill the diſh, and cover it cloſe; hang the diſh on the back of two chairs by the rim, have ready three ſheets of brown paper, tear each ſheet into five pieces, and draw them through your hand, light one piece, and hold it under the bottom of the diſh, moving the paper about as faſt as it burns; light another till all are burnt, and your meat will be enough. Fifteen minutes juſt does it. Send it to table hot in the diſh.

To dreſs a Neck of MUTTON *like* VENISON. Cut a large neck and the flap of the ſhoulder with it, to make it look handſomer; ſtick it all over in little holes with a ſharp penknife, pour a little red wine upon it, and let it lie in the wine four or five days; turn and rub it three or four times a day, then take it out and hang it up for three days in the open air out of the ſun, and dry it often with a cloth to keep it from muſting; when you roaſt it, baſte it with the wine it was ſteeped in, or freſh wine; put white paper three or four folds to keep in the fat, roaſt it thoroughly, take off the ſkin, froth it nicely, and ſerve it up.

Neck of MUTTON *larded with Ham and Anchovies.* Lard the fillet of a neck of mutton quite through with ham and anchovies, firſt rolled in chopped parſley, ſhallots, ſweet herbs, pepper and ſalt; then put it to braze or ſtew in a little broth, with a glaſs of white wine; when done, ſift and ſkim the ſauce, and add a little cullis to give it a proper conſiſtence; add the juice of half a lemon, and ſerve it upon the neck of mutton.

To dreſs a leg of MUTTON *to eat like Veniſon.* Cut the leg in the ſhape of a haunch of veniſon; ſave the blood of the ſheep, and ſteep it for five or ſix hours; then roll

it

it in three or four ſheets of white paper, well buttered on the inſide; tie it with a packthread, and roaſt it, baſting it with good beef dripping or butter. It will take two hours at a good fire, for your mutton muſt be fat and thick. About five or ſix minutes before you take it up, take off the paper, baſte it with a piece of butter, and ſhake a little flour over it to make it have a fine froth, and then have a little good drawn gravy in a baſon, and ſome ſweet ſauce in another. Do not garniſh with any thing.

Another way. Lay the mutton in a pan, with the backſide of it down, and pour a bottle of red wine over it, in which let it lay twenty-four hours. Spit it, and roaſt it at a good quick fire, and keep baſting it all the time with the ſame liquor and butter. It will require an hour and half roaſting; and, when it is done, ſend it up with a little good gravy in one boat, and ſweet ſauce in another. A good fat neck of mutton done in this manner is eſteemed delicate eating.

Or, after ſteeping it in the blood for five or ſix hours, let it hang up as long as it will keep ſweet; dry it well with a cloth, rub it over with freſh butter, ſtrew ſome ſalt and flour over it, and dreſs it as above.

Leg of MUTTON *à la mode.* Lard a leg of mutton through with large pieces rolled in chopped ſweet herbs and fine ſpices; braze it on a pan of the ſame bigneſs, with ſlices of lard, onions, and roots; ſtop the ſteam very cloſe. When done, add a glaſs of white wine, and ſift the ſauce to ſerve with it.

Leg of MUTTON *à la haut-gout.* Let a leg of mutton hang for a fortnight in any place; then ſtuff every part of it with ſome cloves of garlick, rub it with pepper and ſalt,

ſalt, and then roaſt it. When it is properly roaſted, ſend it up with ſome good gravy and red wine in the diſh.

Leg of MUTTON *à-la-daube.* Lard a leg of mutton with bacon, half roaſt it, and then put it in as ſmall a pot as will hold it, with a quart of mutton gravy, half a pint of vinegar, ſome whole ſpice, bay leaves, ſweet marjoram, winter ſavory, and ſome green onions. When it is tender, take it up, and make the ſauce with ſome of the liquor, muſhrooms, ſliced lemon, two anchovies, and a piece of butter; pour ſome over the mutton, and the reſt in a boat.

To ragoo a Leg of MUTTON. Take all the ſkin and fat off, cut it very thin the right way of the grain, then butter your ſtewpan, and ſhake ſome flour into it; ſlice half a lemon and half an onion, cut them very ſmall, a little bundle of ſweet herbs, and a blade of mace. Put all together with your meat into the pan, ſtir it a minute or two, and then put in ſix ſpoonfuls of gravy, and have ready an anchovy minced ſmall; mix it with ſome butter and flour, ſtir it all together for ſix minutes, and then diſh it up.

Another way. Let a ſmall leg of mutton hang as long as it will keep; cut thin collops from it the long way, pick out the ſinews, ſeaſon the meat with pepper and ſalt, and ſtrew over it two or three ſhallots chopped, and a little parſley; flour it, put it into a ſtewpan with a bit of butter, ſtir them till near done, put to them half a pint or more of cullis or good gravy, kyan, (if neceſſary) a little catchup or muſhroom powder, more flour if the ſauce is not thick enough; ſimmer the meat a few

minutes, ſerve it directly, or it will grow hard. Garniſh with pickles.

To dreſs a Leg of MUTTON *à-la-Royale.* Take off all the ſkin, fat, and ſhank bone; lard it with bacon, ſeaſon it with pepper and ſalt, take three or four pounds of thick flank beef, or any lean piece, or a piece of leg of veal; let that alſo be larded, flour the meat, and brown them in a frying pan; then put it into a pot with three quarts of water, a bunch of ſweet herbs, an onion ſtuck with cloves, a few blades of mace, ſome pepper and ſalt, a glaſs of red wine, a little catchup; let theſe ſtew very ſoftly for two hours, or till the meat is tender; there may be added truffles, morels, muſhrooms, and gravy, all, or ſome of them, but it is good without; lay the mutton in the middle of the diſh, and cut the other meat in ſlices, and lay round it; ſtrain the ſauce over it.

To roaſt a Leg of MUTTON *with Oyſters.* Make a force-meat of beef ſuet chopped ſmall, the yolks of eggs boiled hard, with three anchovies, a ſmall bit of onion, thyme, ſavory, and ſome oyſters, (a dozen or fourteen) all cut fine; ſome ſalt, pepper, grated nutmeg, and crumbs of bread, mixed up with raw eggs; ſtuff the mutton under the ſkin in the thickeſt part, under the flap, and at the knuckle. For ſauce—ſome oyſter liquor, a little red wine, an anchovy, and ſome more oyſters ſtewed, and laid under the mutton.

Another way. Take a leg of mutton that has been two or three days killed, ſtuff every part of it with oyſters, roaſt it, and garniſh with horſe-radiſh.

A leg of mutton may be dreſſed with cockles in the ſame manner.

To force a Leg of MUTTON. Raiſe the ſkin, and take out the lean part of the mutton, chop it exceeding fine, with one anchovy; ſhred a bundle of ſweet herbs, grate a penny loaf, half a lemon, nutmeg, pepper and ſalt to your taſte; make them into a force-meat, with three eggs and a large glaſs of red wine; fill up the ſkin with the force-meat, but leave the bone and ſhank in their place, and it will appear like a whole leg; lay it on an earthen diſh, with a pint of red wine under it, and ſend it to the oven; it will take two hours and an half: when it comes out, take off all the fat, ſtrain the gravy over the mutton, lay round it hard yolks of eggs, and pickled muſhrooms. Garniſh with pickles, and ſerve it up.

Split Leg of MUTTON *and Onion Sauce.* Split the leg from the ſhank to the end, ſtick a ſkewer in to keep the nick open, baſte it with red wine till it is half roaſted, then take the wine out of the dripping-pan, and put to it one anchovy; ſet it over the fire till the anchovy is diſſolved, rub the yolk of a hard egg in a little cold butter, mix it with the wine, and put it into your ſauce-boat; put good onion ſauce over the leg when it is roaſted, and ſerve it up.

To make MUTTON *Hams.* Cut a hind quarter of mutton like a ham, take an ounce of ſalt-petre, a pound of coarſe ſugar, a pound of common ſalt; mix them, and rub your ham, lay it in a hollow tray with the ſkin downwards, baſte it every day for a fortnight, then roll it in ſaw-duſt, hang it in the ſmoke of wood a fortnight, and then in a dry place; cut it out in raſhers, and broil it as you want. It eats better broiled than boiled.

Jiggot of MUTTON *with Spaniſh Onions.* A jiggot of mutton is the leg with part of the loin; provide ſuch a one as has been killed two or three days at leaſt, thump it well, and bind it with packthread, that it may keep whole when you take it out; put it into a pot about its bigneſs, pour in a little broth, and cover it with water; put in about a dozen of Spaniſh onions, with the rinds on, three or four carrots, a turnip or two, ſome parſley, and any other herbs you like; cover down cloſe, and ſtew it gently for three or four hours; but take out your onions after an hour's ſtewing, and take the firſt and ſecond rinds off; put them into a ſtewpan, with a ladle or two of cullis, a muſhroom or two, or truffles minced, and a little parſley; drain the mutton clean from the fat and liquor; make your ſauce hot and well ſeaſoned, ſqueeze in a lemon, and ſerve it up with the onions round it, and pour the ſauce over it.

Shoulder of MUTTON *ſurpriſed.* Put a ſhoulder of mutton, having firſt half boiled it, into a toſſing-pan, with two quarts of veal gravy, four ounces of rice, a little beaten mace, and a tea-ſpoonful of muſhroom powder. Stew it an hour, or till the rice is enough, and then take up your mutton and keep it hot. Put to the rice half a pint of cream, and a piece of butter rolled in flour; then ſhake it well, and boil it a few minutes. Lay your mutton on the diſh, and pour your gravy over it. You may garniſh with either pickles or barberries.

A Shoulder of MUTTON *en epigram.* Roaſt it almoſt enough, then very carefully take off the ſkin about the thickneſs of a crown piece, and the ſhank-bone with it at the end; then ſeaſon that ſkin and ſhank-bone with pepper and ſalt, a little lemon-peel cut ſmall, and a few

ſweet

ſweet herbs and crumbs of bread; then lay this on the gridiron, and let it be of a fine brown: in the mean time, take the reſt of the meat, and cut it like a haſh about the bigneſs of a ſhilling; ſave the gravy and put to it, with a few ſpoonfuls of ſtrong gravy, half an onion cut fine, a little nutmeg, a little pepper and ſalt, a little bundle of ſweet herbs, ſome gerkins cut very ſmall, a few muſhrooms, two or three truffles cut ſmall, two ſpoonfuls of wine, either red or white. and throw a little flour over the meat: let all theſe ſtew together very ſoftly for five or ſix minntes, but be ſure it does not boil; take out the ſweet herbs, and put the haſh into the diſh; lay the broiled upon it, and ſend it to table.

A Shoulder of MUTTON *called Hen and Chickens, or in diſguiſe.* Half roaſt a ſhoulder, then cut off the blade at the firſt joint, and both the flaps to make the blade round; ſcore the blade over in diamonds, throw a little pepper and ſalt over it, and ſet it in a tin oven to broil; cut the flaps, and the meat of the ſhank, in thin ſlices, into the gravy that runs out of the mutton, and put a little good gravy to it, with two ſpoonfuls of walnut catchup, one of browning, a little kyan pepper, and one or two ſhallots. When your meat is tender, thicken it with flour and butter, put your meat in the diſh with the gravy, and lay the blade on the top, broiled a dark brown. Garniſh with green pickles, and ſerve it up.

A Shoulder of MUTTON *with a Ragoo of Turnips.* Get the blade-bone taken out of a ſhoulder of mutton, as neat as poſſible, and in the place put a ragoo, done thus: —Take one or two ſweetbreads, ſome cocks'-combs, half an ounce of truffles, ſome muſhrooms, a blade or two of mace, a little pepper and ſalt; ſtew all theſe in a quarter of a pint of good gravy, and thicken it with a piece

a piece of butter rolled in flour, or yolks of eggs, which you pleaſe; let it be cold before you put it in, and fill up the place where you took the bone out juſt in the form it was before, and ſew it up tight; take a deep ſtewpan, or one of the round deep copper pans with two handles, lay at the bottom thin ſlices of bacon, thin ſlices of veal, a bundle of parſley, thyme, and ſweet herbs, ſome whole pepper, a blade or two of mace, three or four cloves, a large onion, and put in juſt thin gravy enough to cover the meat; cover it cloſe, and let it ſtew two hours, then take eight or ten turnips, pare them, and cut them into what ſhape you pleaſe; put them into boiling water, and let them be juſt enough; throw them into a ſieve to drain, over the hot water, that they may keep warm; then take up the mutton, drain it from the fat, lay it in a diſh, and keep it hot covered; ſtrain the gravy it was ſtewed in, and take off all the fat, put in a little ſalt, a glaſs of white wine, two ſpoonfuls of catchup, and a piece of butter rolled in flour; boil them together till there is juſt enough for ſauce, then put in the turnips, give them a boil up, pour them over the meat, and ſend it to table. You may fry the turnips of a light brown, and toſs them up for ſauce; but that is according to your palate.

For a change, you may leave out the turnips, and add a bunch of celery cut and waſhed clean, and ſtewed in a very little water till it is quite tender, and the water almoſt boiled away. Pour the gravy, as before directed, into it, and boil it up till the ſauce is good. Or you may leave both theſe out, and add truffles, morels, freſh and pickled muſhrooms, and artichoke bottoms.

A ſhoulder of veal without the knuckle, half roaſted, very quick and brown, and then done like the mutton, eats

eats well. Do not garniſh your mutton, but garniſh your veal with bacon.

To boil a Shoulder of MUTTON *and Onion Sauce.* Put your ſhoulder in when the water is cold; when enough, ſmother it with onion ſauce, made the ſame as for boiled ducks. You may dreſs a ſhoulder of veal the ſame way.

Breaſt of MUTTON *grilled.* Half boil it, ſcore it, pepper and ſalt it well, rub it with yolk of egg, ſtrew on crumbs of bread and chopped parſley; broil it, or roaſt it in a Dutch oven. Serve it up with caper ſauce.

A Baſque of MUTTON. Lay the caul of a leg of veal in a copper diſh of the ſize of a ſmall punch-bowl, and take the lean of a leg of mutton that has been kept a week. Having chopped it exceedingly ſmall, take half its weight in beef marrow, the crumb of a penny loaf, the rind of half a lemon grated, half a pint of red wine, two anchovies, and the yolks of four eggs. Mix it as you would ſauſage-meat, and lay it in the caul in the inſide of the diſh; faſten the caul, bake it in a quick oven, and when it comes out, lay your diſh upſide down, and turn the whole out. Pour over it brown gravy; pour veniſon ſauce into a boat, and make uſe of pickles for garniſh.

Fillet of MUTTON *with Cucumbers.* Provide one large or two ſmall necks of mutton, cut off a good deal of the ſcrag, and the chine and ſpay bones cloſe to the ribs, tear off the fat; beat the mutton with your cleaver, that it may lay neat in your diſh; ſoak it in a marinade, and roaſt it wrapped up in paper well buttered. For your ſauce in the ſpring and ſummer, quarter

ſome cucumbers nicely, and fry them in a bit of butter, after laying in the ſame marinade; ſtew them in a ladle or two of your cullis, a morſel of ſhallot or green onion, pepper and ſalt, a little minced parſley, the juice of a lemon, and ſerve it. The only difference between this and the celery-ſauce is, inſtead of frying your celery, boil it very tender in a little water, or broth if you have plenty, and ſtew it for a quarter of an hour. Be cautious you do not break the cucumbers.

To French a hind Saddle of MUTTON. It is the two chumps of the loins. Cut off the rump, and carefully lift up the ſkin with a knife, beginning at the broad end, but be ſure you do not crack it nor take it quite off; then take ſome ſlices of ham or bacon chopped fine, a few truffles, ſome young onions, ſome parſley, a little thyme, ſweet marjoram, winter ſavory, a little lemon-peel, all chopped fine, a little mace, and two or three cloves beat fine; half a nutmeg, and a little pepper and ſalt. Mix all together and throw over the meat where you took off the ſkin; then lay on the ſkin again, and faſten it with two fine ſkewers at each ſide, and roll it in well buttered paper. It will take two hours roaſting; then take off the paper, baſte the meat, ſtrew it all over with crumbs of bread, and when it is of a fine brown, take it up. For ſauce, take ſix large ſhallots, cut them very fine, put them into a ſaucepan with two ſpoonfuls of vinegar, and two of white wine; boil them for a minute or two, pour it into the diſh, and garniſh with horſe-radiſh.

To dreſs a Saddle à St. Menehout. Take the ſkin off the hind part of a chine of mutton, lard it with bacon, ſeaſon it with pepper, ſalt, mace, beaten cloves, and nutmeg,

meg, ſweet herbs, young onions, and parſley, all chopped fine; take a large oval or gravy-pan, lay layers of bacon, and then layers of beef all over the bottom; lay in the mutton, then layers of bacon on the mutton, and then a layer of beef; put in a pint of wine, and as much good gravy as will ſtew it; put in a bay leaf and two or three ſhallots, and cover it cloſe; put fire over and under it, if you have a cloſe pan, or put it in an oven, and let it ſtew for two hours; when done, ſtrew crumbs of bread all over, and put it into the oven to brown; ſtrain the gravy it was ſtewed in, and boil it till there is juſt enough for ſauce; lay the mutton into a diſh, pour the ſauce in, and ſerve it up. If you have not an oven, you muſt brown it before a fire.

Saddle of MUTTON *matted.* Take up the ſkin, ſcarify the meat, and ſtick in it ſliced fat livers, truffles, freſh pork, ſliced onions and anchovies; cover all over with a good force-meat, made of raſped lard, ſuet or marrow, ſweet herbs chopped, muſhrooms, pepper and ſalt, and three yolks of eggs, all pounded together; cover it over with the ſkin well faſtened, braze it (with the ſkin undermoſt) with broth, and a faggot of ſweet herbs; when done, reduce the ſauce to a glaze. Glaze all the upper ſide.

MUTTON *à-la-Maintenon.* Cut ſome ſhort ſteaks from a leg of mutton, make a force-meat with crumbs of bread, a little ſuet chopped, or a bit of butter, lemon peel grated, ſhred parſley, pepper, ſalt, and nutmeg, mix them up with the yolk of an egg; pepper and ſalt the ſteaks, lay on the force-meat; butter ſome half ſheets of writing paper, in each wrap up a ſteak, twiſting the paper neatly; fry them, or do them in a Dutch oven;

ſerve them in the paper, a little gravy in the diſh, and ſome in a boat. Garniſh with pickles.

Chine of MUTTON *with Cucumber Sauce.* You muſt provide the two fore-quarters of mutton, ſmall and fat; cut it down the ſides, and chop through the ſhoulders and breaſts, ſo that it may lay even in your diſh; raiſe the ſkin all off, without cutting or tearing; ſcrape a little fat bacon, and take a little thyme, marjoram, ſavory, parſley, three or four green onions, a muſhroom or two, and a ſhallot; mince all very fine, and fry them gently in the bacon; add a little pepper, and when it is almoſt cold, with a paſte bruſh daub it all over the back of your meat, ſkewer the ſkin over it, ſpit it with three or four large ſkewers, and wrap ſome paper over it well buttered; roaſt it enough very gently, and for ſauce provide ſome cucumbers, (if in ſeaſon) nicely quartered and fried in a bit of butter to a brown colour; ſtrain them upon a ſieve for a minute or two, and put them into a ladle or two of your cullis; boil them a little while, and throw in ſome minced parſley, the juice of a lemon, and ſerve it up. For your ſauce of herbs, prepare juſt ſuch matters as are fried for the firſt part of it; take a ſtewpan with as much of your cullis as is neceſſary, and ſtrew all in, and boil about half an hour very ſoftly; take the paper and ſkin off your chine, and ſend it to table with the ſauce poured over it, adding the juice of a lemon; and taſte it to try if it is well flavoured.

MUTTON *Rumps and Kidneys.* Boil ſix ſheeps' rumps in veal gravy, then lard your kidneys with bacon, and ſet them before the fire in a tin oven; when the rumps are tender, rub them over with the yolk of an egg, a little kyan and grated nutmeg; ſkim the fat off the the gravy, put it in a clean toſſing-pan, with three

ounces of boiled rice, a ſpoonful of good cream, a little muſhroom-powder or catchup, thicken it with flour and butter, and give it a gentle boil; fry your rumps a little brown. When you diſh them up, lay them round on your rice, ſo that the ſmall ends may meet in the middle, and lay a kidney between every rump. Garniſh with red cabbage or barberries, and ſerve it up. It is a pretty ſide or corner diſh.

Another way. Stew half a dozen rumps, in ſome mutton gravy, more than will cover them; let them ſtew gently for half an hour, take them up and ſet them to cool; put into the gravy a quarter of a pound of boiled rice, an onion ſtuck with cloves, and a blade of mace; let it boil till the rice is very thick; take the rumps and rub them over with the yolk of an egg well beat, and then ſtrew in crumbs of bread, a little pepper, ſalt, grated nutmeg, and lemon-peel, and a very little thyme; fry them in butter of a fine brown. When the rumps are ſtewing, lard ſome kidneys, and ſet them in a tin oven to roaſt.

When the rumps are fried, take them out to drain, pour the fat out of the frying-pan, put in the rice; ſtir it all together round the pan, and then lay the rice in the diſh; lay the rumps round upon the rice, the narrow ends to meet in the middle; boil four eggs hard, cut them in quarters, and lay the kidneys and hard eggs upon the rice between the rumps.

MUTTON *Rumps à-la-braiſe.* Boil ſix mutton rumps for fifteen minutes in water; then take them out and cut them in two, and put them into a ſtewpan, with half a pint of good gravy, a gill of white wine, an onion ſtuck with cloves, and a little ſalt and kyan pepper. Co-

ver them cloſe, and ſtew them till they are tender. Take them and the onion out, and thicken the gravy with a little butter rolled in flour, a ſpoonful of browning, and the juice of half a lemon. Boil it up till it is ſmooth, but not too thick; then put in your rumps, give them a top or two, and diſh them up hot. Garniſh with horſe-radiſh and beet-root. For variety, you may leave the rumps whole, and lard ſix kidneys on one ſide, and do them the ſame as the rumps, only not boil them, and put the rumps in the middle of the diſh, and kidneys round them, with the ſauce over all. The kidneys make a pretty ſide diſh of themſelves.

To haſh MUTTON. Cut your mutton in little bits as as thin as you can, ſtrew a little flour over it; have ready ſome gravy (enough for ſauce) wherein ſweet herbs, onion, pepper, and ſalt have been boiled; ſtrain it, put in your meat, with a piece of butter rolled in flour, and a little ſalt, a ſhallot cut fine, a few capers and gerkins chopped fine; toſs all together for a minute or two; have ready ſome bread toaſted and cut into thin ſippets, lay them round the diſh, and pour in your haſh. Garniſh your diſh with pickles and horſe-radiſh.

Some love a glaſs of red wine or walnut pickle. You may put juſt what you will into a haſh. If the ſippets are toaſted it is better.

Another way. Cut mutton into ſlices, put a pint of gravy or broth into a toſſing-pan, with one ſpoonful of muſhroom catchup, and one of browning; ſlice in an onion, a little pepper and ſalt, put it over the fire, and thicken it with flour and butter; when it boils, put in your mutton, keep ſhaking it till it is thoroughly hot, put it into a ſoup diſh, and ſerve it up.

Another

Another way. Put an onion into ſome gravy, with ſome pepper and ſalt, a little catchup or walnut pickle; thicken this a little with ſome flour, boil it a few minutes; take out the onion, put in the mutton cut thin, any gravy that may have run from it, and a little garlic vinegar; juſt ſimmer it up, ſhaking it till thoroughly hot, but do not let it boil, for that makes all haſhes hard. Garniſh with pickles. If there is no gravy, boil the mutton bones with an onion, or a clove or two, a bit of lemon-peel, a bunch of ſweet herbs, and a few pepper corns; ſtrain it.

To haſh Cold MUTTON. Cut your mutton with a very ſharp knife in very little bits, as thin as poſſible; then boil the bones with an onion, a little ſweet herbs, a blade of mace, a very little whole pepper, a little ſalt, a piece of cruſt toaſted very criſp; let it boil till there is juſt enough for ſauce, ſtrain it, and put it into a ſaucepan, with a piece of butter rolled in flour; put in the meat; when it is very hot, it is enough. Seaſon with pepper and ſalt. Have ready ſome thin bread toaſted brown, cut three-corner ways, lay them round the diſh, and pour in the haſh. As to walnut pickle, and all ſorts of pickles, you muſt put in according to your fancy. Garniſh with pickles. Some love a ſmall onion peeled, cut very ſmall, and done in the haſh. Or you may uſe made gravy if you have not time to boil the bones.

Oxford John. Take a ſtale leg of mutton, cut it in as thin collops as you poſſibly can, take out all the fat ſinews, ſeaſon them with mace, pepper, and ſalt; ſtrew among them a little ſhred parſley, thyme, and two or three ſhallots; put a good lump of butter into a ſtew-pan. When it is hot, put in all your collops, keep ſtirring

ring them with a wooden ſpoon till they are three parts done, then add half a pint of gravy, a little juice of lemon, thicken it a little with flour and butter, let them ſimmer four or five minutes, and they will be quite enough. If you let them boil, or have them ready before you want them, they will grow hard. Serve them up hot, with fried bread cut in dice, over and round them.

A Hodge-podge of MUTTON. Cut a neck or loin of mutton into ſteaks, take off all the fat, then put the ſteaks into a pitcher, with lettuce, turnips, carrots, two cucumbers cut in quarters, four or five onions, and pepper and ſalt; you muſt not put any water to it, and ſtop the pitcher very cloſe, then ſet it in a pan of boiling water, let it boil four hours, keep the pan ſupplied with freſh boiling water as it waſtes.

MUTTON *Cutlets, Lover's faſhion.* Make the cutlets pretty thick, lard them with ham and bacon, then give them a few turns in a little butter, chopped parſley, and a little winter ſavory; then put them in a ſtewpan, with ſmall bits of ham, ſliced onions, carrots, and parſnips, which you firſt give a fry in oil or butter; add a glaſs of white wine and a little cullis. When done, ſkim the ſauce, and ſerve with all the roots and ham.

MUTTON *Cutlets en Surtout, or in Diſguiſe.* Cut cutlets in the common way, and ſimmer them with broth to about three parts, with a faggot of ſweet herbs; reduce the ſauce till no more remains than what will bathe the cutlets; garniſh them with force-meat round, made of fillet of veal, ſuet, chopped parſley, ſhallots, pepper and ſalt, and bread crumbs ſoaked in cream, all being well pounded; add three yolks of eggs, then baſte your cutlets

cutlets with eggs and bread crumbs; bake in the oven till of a good colour; ſerve with conſommée ſauce, gravy, &c.

MUTTON *Chops in Diſguiſe.* Take as many mutton chops as you want; rub them with pepper, ſalt, nutmeg, and a little parſley; roll each chop in half a ſheet of white paper, well buttered on the inſide, and rolled on each and cloſe. Have ſome hogs lard, or beef dripping, boiling in a ſtewpan; put in the ſteaks, fry them of a fine brown, lay them in your diſh, and garniſh with fried parſley; throw ſome all over, have a little good gravy in a cup, but take great care you do not break the paper, nor have any fat in the diſh; but let them be well drained.

To broil MUTTON *Steaks.* Cut your ſteaks half an inch thick; when your gridiron is hot, rub it with freſh ſuet, lay on your ſteaks, keep turning them as quick as poſſible; if you do not take great care, the fat that drops from them will ſmoak them. When they are enough, put them into a hot diſh, rub them well with butter, ſlice a ſhallot very thin into a ſpoonful of water, pour it on them with a ſpoonful of muſhroom catchup and ſalt; ſerve them up hot.

MUTTON *Steaks baked.* Cut a loin of mutton into ſteaks, ſeaſon them with pepper and ſalt, butter a diſh and lay them in; take a quart of milk, ſix eggs well beat, and four ſpoonfuls of flour; beat the flour and egg together in a little milk, and then put the reſt to it; put in ſome beaten ginger and ſalt, pour it over the ſteaks. Half an hour will bake it.

Sheeps' Tongues, Province faſhion. Fry ſliced onions in butter; when half done, add a little flour, chopped par-

parſley, a clove of garlic, pepper and ſalt, a little cullis, and a glaſs of white wine; let it ſtew till the onions are done, then add as many ſplit tongues (being ready boiled) as you think proper; ſtew them a quarter of an hour in the ſauce; ſerve all together. Garniſh the diſh with fried bread.

Sheeps' Tongues, as Fricandeau. Boil them three parts, peel and lard them, then ſtew them in good gravy, with a faggot of ſweet herbs, three cloves, and a ſlice of ham. When done, reduce the ſauce to a glaze, and glaze them as a fricandeau.

Sheeps' Tongues, Royal faſhion. Boil as the former; then lard them quite through; marinade them an hour in a little pepper and ſalt, chopped parſley, ſhallots, and muſhrooms; put a few ſlices of lard under and over, add a little gravy, a glaſs of white wine, with all the ſeaſonings. When done, take out the ſlices of lard, ſkim the ſauce, add a little cullis, or butter rolled in flour, the juice of half a lemon, and ſerve it upon the tongues.

Sheeps' Tongues, plain Family faſhion. Split ready boiled tongues in two; marinade in melted butter, pepper and ſalt, chopped parſley, and ſhallots; roll them in bread-crumbs, and broil them ſlowly; ſerve them with a ſauce made of a ſpoonful of vinegar, a bit of butter rolled in flour and broth, grated nutmeg, and chopped ſhallots; reduce the ſauce, and ſerve it under the tongues.

Sheeps' Trotters of different faſhions. When well ſcalded, boil them in water till you can take out the great bone; then ſplit and clean them properly; boil them again till they are very tender, and dreſs them in what man-

manner you pleaſe, either as a fricaſſee, or with a cullis ſauce, &c. taking care to make the ſauce reliſhing.

Sheeps' Trotters fried in paſte. The trotters being firſt brazed or ſtewed, bone them without cutting them; roll them in good force-meat, then dip them in thick batter made of flour, white wine, one egg, and a little oil, pepper, and ſalt; fry them of a good colour, and garniſh with fried parſley.

Sheeps' Trotters Aſpic. Aſpic is a ſharp ſauce or jelly, wherein is commonly uſed elder or tarragon vinegar, chopped parſley, ſhallots, tarragon leaves, pepper and ſalt, oil, muſtard, lemon. Any ſorts of cold meat, poultry or game may be ſerved in aſpic, either hot or cold.

N.

NAILS.

A material uſe of the nails is to ſtrengthen the ends of the fingers and toes, and to hinder them from being inverted towards the convex ſide of the hand or foot, when we handle or preſs upon any thing hard. The extremity of the nail does not adhere to any thing, and grows as often as it is cut. The colour is owing to the veſſels underneath the nail, the body of which is tranſparent, and exhibits a lively red in a ſtate of health.

To preſerve the nails in a ſtate of elegance, you muſt take care never to ſoak the fingers either in oily or acid liquors; reſigning them to the operation of that natural

balſam which nouriſhes them, and by the means of which theſe borders increaſe and are renewed.

That blackneſs which ſometimes gathers between the fleſh and the top of the nail, may be removed by bruiſing two or three ſour grapes, and rubbing the juice upon the part.

The nails are often rendered crooked by uſing a tooth pick, pin, or ear pick, to take away the dirt that gathers between the extremity of the nail and fleſh, which makes the extremity ſeparate from it, and aſſumes a hook-like form.

When they are allowed to grow too long, the nails are very ugly; but you ſhould take care, in cutting them, not to make them too ſhort. Their edges ſhould never be cut down below the ends of the fingers, nor ſhould they be ſuffered to grow longer than the fingers.

When the nails are accuſtomed to be kept very ſhort, the fleſh at the top of the fingers is apt to riſe above them in the form of a pad, which becomes an excreſcence, and a real deformity; beſides being always accompanied with dirt entangled about it, which ſticks ſo cloſe that there is no waſhing it away. It is a deformity not eaſily to be corrected, on account of the pain which the nail occaſions when growing, by puſhing againſt the fleſh which overgrows it, and compelling you to cut the nail when it becomes of that length, and thus the deformity continues.

The nails, from a ſuperfluity of nutriment, may become too large and thick. To remedy this, ſcrape them gently, but pretty often, with a bit of glaſs, or a very ſharp knife, taking care not to go too deep, for fear

of

of hurting the membrane which lines the inſide of the nail, and which abounds with tendinous fibres, extremely ſuſceptible of pain.

When nails become black, in conſequence of a bruiſe, or other accident, you may apply a plaſter made with capon's greaſe, and oil of camomile, each one dram; flour of ſulphur, two ſcruples; powder of cummin ſeed, ten grains; oil of roſes, a ſcruple; incorporate them into a plaſter with a ſufficient quantity of diachylon.

NASTURTIUMS.—See PICKLING.

NERVOUS DISORDERS.

A volume would be inſufficient to deſcribe the various ſorts of nervous complaints, and the different appearances they aſſume; for they imitate almoſt every diſeaſe, and are conſtantly changing ſhape: nor is the *mind* leſs affected by them than the body.

They may ariſe from whatever has a tendency to relax or weaken the body, as indolence, on the one hand, or too much application or thought on the other; grief and diſappointments; exceſſive evacuations of whatever nature; drinking too much tea, or weak watery liquors; long faſting, windy, crude, or unwholeſome food, or aukward poſtures of the body in working, reading, &c. Whatever weakens the body or depreſſes the ſpirits, as unwholeſome air, want of ſleep, great fatigue, diſagree-

able apprehenſions, or vexation, may occaſion nervous diſorders.

Women are certainly from many cauſes more ſubject to this unhappy complaint than the other ſex:—not only the peculiar organization of their frame, and the caſualties they experience from pregnancy, and other incidental circumſtances, but their very mode of living, too often lays the foundation of this calamity. The paſſions of the mind, of ſome of which they are more powerfully ſuſceptible, operate to the deſtruction of health. Daily examples furniſh us with melancholy proofs of the faireſt ſtructures of health, and moſt blooming conſtitutions being overturned by an exceſs of the moſt amiable paſſion which actuates the human mind. *Love*, though ſo noble, ſo innocent, and pleaſing, may, when miſplaced or unreturned, prove as injurious to health, as it is too often deſtructive of happineſs. Corroding care, oppreſſive melancholy, hypochondriac diſeaſes, the whole train of *nervous diſorders*, and too often conſumption, fill the ſad cataſtrophe of *diſappointed love*;—and on ſuch occaſion, medical aſſiſtance is in vain.

The violent impulſes of *Anger* are more ſudden in their effects, but they are ſuch as we hope the ladies ſeldom experience---but when they have an ill run at *cards*.

The indulgence of *Grief* is more fatal in its reſult: the effect is uninterrupted, and acquires ſtrength from duration; its impreſſions are made more laſting by reflection; and the means generally employed to turn its keen edge, anſwer little other purpoſe than to convert it into deep melancholy---the wretched forerunner of all *nervous complaints*, and too often of the conſummate of human mis-

misfortunes, the deprivation of thoſe faculties which diſtinguiſh the human race among the works of DEITY.

In the firſt attacks of affliction, we ought not to ſtem the torrent, but let ſorrow have its courſe; and rather than endeavour to prevent the effect, ſoothe the mind by participating the cauſe. In the violence of anguiſh, nothing tends ſo much to quiet the ſpirits, as an apparent diviſion and communication of misfortune: a ſurviving parent, overwhelmed with the loſs of a beloved and affectionate partner, hath often been brought back to reaſon and reſignation, by the embraces and tears of a darling child, when arguments of religion have been fruitleſs, and the efforts of condolence unavailing.

When the tumult of paſſion ſubſides, when nature, tired with the conflict, ſurrenders the ſufferer to the neceſſary though unwelcome approach of ſleep, watch the moment of waking with the moſt friendly attention; obſerve the change wrought by this ſuſpenſion of ſorrow, and guard againſt the violent return of it, by introducing intereſting ſubjects, and awakening the mind to the avocations of buſineſs, parental duties, or offices of humanity, to which it is in ſuch moments peculiarly diſpoſed. Having ſucceeded in diverting the ſtream, the difficulty of drying it up will be leſſened: from buſineſs, proceed to amuſement; engage the faculties in conſtant employment; and as the object of grief preſents itſelf leſs frequently, the effect will be leſs ſeverely felt, till its poignancy be ſoftened to regret, and the recollection produce ſenſations of melancholy pleaſure.

But when grief does not ariſe from any immediate ſtroke; when it is occaſioned only by diſappointment, and an untoward combination of the common occurrences

rences of life, we muſt ourſelves exerciſe the reaſon with which we are endowed, ſince to yield to ſuch calamities, is to arraign the diſpenſations of Heaven, and repine at being ſubject to the ordinary accidents of mortality.

The effects of grief will ſoon become viſible on the ſtrongeſt conſtitution; loſs of reſt is ſucceeded by loſs of appetite, the neceſſary conſequence of which is indigeſtion, flatulencies, depreſſion of ſpirits, relaxation, conſtant pains in the head and ſide, and ſlow or intermitting fevers: yet theſe are but the diſtant conſequences; the firſt and more violent impreſſions occaſion frenzy, ſuffocation, lethargy, and death.

To obviate the deplorable effects laſt mentioned, we have already offered the beſt directions which occur to us: to remove the canker when it is ſlowly, and almoſt imperceptibly, gnawing its way to the heart, change of air, and of ſituation, objects and employments, are the beſt remedies that can be recommended. Where the condition of life prevents our ſeeking the cure by theſe means, others muſt be ſubſtituted; and when the attention once begins to fix on a new object, it will naturally draw off from the old, the mind will collect itſelf, and exerciſe its powers in eager purſuit of the pleaſure which it expects to derive from this untaſted ſource, and will ſoon reſume its vigour, and expel the diſagreeable and dangerous intruder.

But when grief has been ſuffered to prey too long, when it has been too deeply rooted to be diſpoſſeſſed by the charms of variety, or the common expedients of travelling, amuſements, and company; the efforts of argument have ſometimes been uſed with ſucceſs: and compariſon with others ſuffering with fortitude the ſame

ſpecies of calamity, in a more eminent degree, has in ſome inſtances been known to excite emulation, and lift the deſponding victim from the regions of deſpair to thoſe of expectation, hope, and reliance.

Nor ſhould the duties of religion be omitted; a due application to which will diſpoſe the mind to ſubmit without murmuring to the ordinary decrees of Providence: but let it always be remembered, that cheerfulneſs is the reſult of perfect reſignation, and that a melancholy and broken heart muſt be a very unacceptable ſacrifice to that God, who animates univerſal nature with the light of his countenance.

Sudden *Fear* produces violent effects: epilepſies and convulſions are frequently occaſioned by it; and many a noble fabrick of health hath been deſtroyed in a moment, by a falſe alarm, an unfounded tale, or a ridiculous and miſerable attempt at mirth and humour.

But where it fails to act with ſuch immediate violence, the impreſſions may be equally injurious, and are in general laſting; the nervous ſyſtem once affected is hardly ever perfectly reſtored; and hyſteric, hypochondriac, and melancholy, are the wretched companions for life, of thoſe who eſcape the more ſuddenly fatal conſequences.

Tales of horror are the common entertainments of a ſick room. Is a woman in child-birth—every ſtory of hard labours, conſequential diſorders, and unnatural births, is induſtriouſly recollected, and recounted with all the accompaniments of woe and expreſſions of pity. Is the patient feveriſh---delirium, frenzy, and every aggravating ſymptom, are the uſual topics of converſation; nor can we altogether acquit the phyſician himſelf

of

of contributing to the prevalency of this unnatural cuſtom, when by ſhrugs, and nods, and winks, he denounces his apprehenſions of danger, and meaning only to convey reaſonable doubt and anxiety, is underſtood by the ſick man to pronounce a ſentence of death, which his own fears too often carry into actual execution.

But whatever influence the paſſions may have in producing nervous diſorders, ſuch inſtances of their effects, we apprehend, are not very frequent, and the complaint may more properly be aſcribed to another origin, an *acquired weakneſs or debility of conſtitution.*

To what cauſe we muſt attribute this evident degeneracy of conſtitution, may be a point not eaſily aſcertained; but we know that the intemperature of the air and ſeaſons, the various accidents of life, and the paſſions of the mind which affect the conſtitution, have ever been the ſame in all ages:---we know too that an exceſſive luxury and effeminacy has for almoſt a century overrun and enervated the greateſt part of this country; and that women in particular, from an abſurd and miſtaken plan of education, have more peculiarly become its victim---before that period, nervous diſorders were extremely rare, and the *Rickets* were abſolutely unknown among us:---to that increaſing luxury we may perhaps very juſtly aſcribe the degeneracy of conſtitution which we lament.

It is not to the article of *diet*, that the charge of luxurious innovation is confined: on the high furniſhed table there is indeed enough to cenſure; but the bedchamber has a well-founded claim to its equal ſhare. Among other pernicious tendencies to weakneſs, the too general practice of laying long in the morning is greatly contributive;

butive; we do not indeed ſuppoſe that a greater number of hours are conſumed in ſleep; but the cuſtom is too often induced from the practice of protracting the time of ſupper, or from an unſeaſonable indulgence in faſhionable recreation.

Before the introduction of luxury and ſuch an endleſs train of faſhionable and expenſive amuſements, earlier hours of going to reſt were certainly uſual; the conſequence of which was, people roſe much ſooner in the morning, and almoſt the whole, even of the longeſt day, was devoted to buſineſs, or the amuſements of thoſe times, which were not of the ſedentary kind, now in uſe among us. By this, and the ſimplicity of their diet, their conſtitutions were preſerved in full vigour, which is ſtill the caſe in the country, and among ſuch of the people whom faſhion has not yet corrupted, or whoſe fortunes do not enable them to enter into ſuch modes of diſſipation. And it is likely as much owing to theſe circumſtances, as the difference of air ſo much inſiſted on, that a country life has always been thought the moſt healthy: for we do not find in fact that ſuch of the inhabitants of great towns, who are not luxurious or inactive, are either weaker in their conſtitutions, or more diſpoſed to diſeaſes. But whatever effects may reſult from the diverſity of a town and country life, it is certain that there is an infinite difference in point of health between a life of *activity* and one of *indolence*; which is the whole that we would inſiſt upon; eſpecially as female employments, and indeed from falſe taſte and abſurd refinement, their very amuſements are all of the ſedentary kind; the more they apply to them, the more

they require intervals of exerciſe; for in fact, what is very unfortunate for them, their very induſtry produces the effects of indolence.

We have thus endeavoured to give a general idea of the cauſe of *Nervous Diſorders*; the more immediate ſymptoms of which it would be impoſſible to enumerate. Wind, and diſtenſion or ſwelling of the ſtomach is generally experienced; the appetite becomes bad, the food turns ſour on the ſtomach, pains are felt about the navel, and the body is moſtly coſtive. There is ſometimes a difficulty of breathing, with a ſtraitneſs of the breaſt; pain in the back, yawning, and a ſenſe of ſuffocation, as if from a ball or lump in the throat: the mind alſo becomes diſturbed on the moſt trifling occaſions, and is hurried into the moſt perverſe commotions.

Perſons afflicted with nervous complaints ought never to faſt long; and their food ſhould be light and nouriſhing:—wine, in very moderate quantities, ſtrengthens the ſtomach, and promotes digeſtion:—all weak warm liquors are hurtful; and above all things, ſpirits or *drams* ought to be avoided. Nervous people are too apt to lay hold of the momentary relief afforded by tea and ardent ſpirits, to which too many of them fall victims.

A cool dry air is proper, as it invigorates the whole body:—heat, eſpecially that of fires in ſmall apartments, is peculiarly relaxing and enervating. Exerciſe, in whatever manner it can be taken, is ſuperior to all medicines. Cold bathing, when otherwiſe conſiſtent with ſafety, is of all things the moſt ſtrengthening to the nervous ſyſtem.

When the body is *coſtive*, a little rhubarb, or ſome of the milder purges, or an infuſion of ſenna and rhubarb in brandy, may be taken; but ſtrong purgatives muſt be avoided.

When *wind* is troubleſome, twenty or thirty drops of the acid elixir of vitriol may be taken twice or thrice a-day in a glaſs of water: this expels the wind, ſtrengthens the ſtomach, and promotes digeſtion.

But for complaints of the ſtomach in general, the following infuſion may be uſed with great advantage:—Take of Peruvian bark, one ounce; gentian root, orange peel, and coriander ſeed, each half an ounce; bruiſe them well, and infuſe them in a quart of brandy for five or ſix days: a table ſpoonful may be taken in half a glaſs of water, an hour before breakfaſt, dinner, and ſupper.

But whoever wiſhes for a thorough cure in nervous diſorders, muſt expect it from regimen alone; without mentioning any more medicines, we ſhall conclude by again recommending the ſtricteſt attention to *Diet*, *Air*, *Exerciſe*, and *Amuſement*.

NOVEMBER.

ARTICLES FOR THE TABLE.

Meat.
Beef
Pork
Mutton
Veal

Poultry.
Chickens
Dotterels
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Snipes
Teal
Turkeys
Wigeons
Wild ducks
Woodcocks

Fiſh.
Barbet
Carp
Cockles
Doree
Gurnet
Gudgeons
Holobut
Lobſters
Muſcles
Oyſters
Pike
Salmon
Salmon trout
Smelts

Smelts
Tench

Vegetables.
Beet
Borecole
Cabbages
Cardoons
Carrots
Cauliflowers
Celery
Chard beet
Chervil
Creſſes
Endive
Eſchalot
Jeruſalem artichokes
Lettuce & ſmall ſallad
Leeks
Onions
Parſley
Parſnips
Potatoes
Rocombole
Salſafy
Savoys
Scorzonera
Skirrets
Spinach
Sprouts
Turnips

Fruit.
Apples
Bullace
Cheſnuts
Grapes
Hazle nuts
Medlars
Pears
Walnuts

DINNERS OF TWO COURSES.

Firſt Courſe.

Lentel ſoup removed with Turbot.

Pig roaſted. — Apple ſauce. — Hare jugged.

Mutton rumps and kidneys. — Pork ſteaks. — Sweetbreads à-la-daube.

Currants in a ſaucer. — Cauliflower. — Lobſter ſauce.

A raiſed beef ſteak pie. — Lemon pudding.

Leg of veal larded.

Sorrel ſauce. — Greens. — Melted butter.

Fricaſſee of double tripe. — Mutton cutlets à-la Maintenon.

Rabbits in ſurpriſe. Veniſon ſauce.

Pigeons in fancy. — Fowls à-la-farce.

Onion ſoup removed with haunch of veniſon.

Second Courſe.

Pheaſant roaſted.

Apricot fritters. — Piſtachio cream.

Grapes.

Brawn. — Macaroni.

Smelts in jelly.

Walnuts. — Preſerved orange.

Italian truffles. — Salver with jellies. — Spinach and fried bread.

Preſerved cherries. — Cheſnuts.

Anchovy and butter. — Potted moor game. — Sturgeon.

Pears.

Cheeſecake. — Apple tart.

Woodcocks roaſted.

DINNERS

DINNERS OF THREE COURSES.

First Course.

Diſh of fiſh.
Veal cutlets, Roaſted turkey, Ox palates.
Two chickens Vermicelli Leg of lamb
and brocoli. ſoup. and ſpinach.
Beef collops. Chine of pork. Harrico.
Diſh of fiſh.

Second Course.

Woodcocks.
Sheep's rumps, Apple puffs. Diſh of jelly.
Oyſter loaves. Crocant. Ragooed lobſters.
Blanc mange, Lemon tart. Lambs ears.
Hare.

Third Course.

Petit patties.
Stewed pears, Potted chars. Fried oyſters.
Gallantine. Ice cream. Collared eel.
Fillets of whitings. Potted craw-fiſh. Pippins.
Lambs ears à-la-braiſe.

NURSERY, AND NURSERY MAID.

The nurſery ought to be one of the largeſt and moſt airy rooms in a houſe; for when children are confined in ſmall apartments, the air not only becomes unwholeſome, but the heat relaxes the ſolids, renders them delicate, and diſpoſes them to colds and many other diſorders. Not one child in five thouſand will continue healthy in a cloſe, confined ſituation; though the moſt obſtinate diſeaſes have often been cured by removing them from ſuch places to a free, open air.

Thoſe

Thoſe mothers whoſe peculiar circumſtances do not prohibit ſuch a conduct, ſhould certainly not only ſee their children carried abroad daily, but ſhould go along with them:—they need air as well as their children, and can ſeldom be better employed; for ſervants are too often criminally negligent in theſe matters, and allow children to ſit or lie on the damp ground, inſtead of leading or carrying them about.

We have already been very particular in giving directions for the management of CHILDREN:---of NURSES we muſt obſerve, that though they certainly engage to take on them the place of a *mother*, yet that very few women who become nurſes for hire, will do their duty unleſs carefully looked after:---it is impoſſible they ſhould feel the affections of a parent for their nurſlings, and they have therefore recourſe to every art to hide their negligence. Inſtead of promoting ſleep by exerciſe, they will induce it by medicines or ſpirits; and a nurſe may be always juſtly ſuſpected, who is an advocate for Godfrey's Cordial, or Daffy's Elixir. We would, in one word, earneſtly recommend it to all parents to look carefully after their children, and not truſt ſo valuable a treaſure entirely in the hands of an hireling.

O.

OCTOBER.

ARTICLES FOR THE TABLE.

Meat.
Beef
Doe veniſon
Lamb
Mutton
Pork
Veal

Poultry.
Chickens
Dotterels
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Snipes
Teal
Turkeys
Widgeon
Wild ducks

Fiſh.
Barbet
Brills
Carp
Cockles
Doree
Gudgeons
Holobut
Lobſters
Muſcles
Oyſters
Perch
Pike
Salmon trout
Smelts

Vegetables.
Artichokes
All ſorts of herbs
Beets
Broccoli
Carrots
Cauliflowers
Celery
Chard beets
Chervil
Colewort
Endive
Eſchalot
Finochia
Leeks
Lettuce & ſmall ſallad
Muſhrooms
Onions
Parſnips
Potatoes
Rocombole
Salſafy
Savoys
Skirret
Scorzonera
Sprouts
Turnips
Turnip-rooted & black Spaniſh radiſh

Fruit.
Apples
Bullace
Figs
Filberts
Grapes
Medlars
Nuts
Peaches
Quinces
Services
Walnuts

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup ſante removed with a roaſt pike.

Rabbits boiled with onion ſauce.

Ragooed celery.

Pigeons in ſcallop ſhells.

Greens.

Marrow pudding.

Potatoes.

Sheeps' trotters forced.

Beef collops.

Sweet wine and ſugar in a boat.

Breaſt of veal in a ſurtout.

Melted butter.

Chine of pork roaſted.
Apple ſauce.

A perigoe turkey, Gravy ſauce.

Ducks à-la braize.
Pickles.

Petty patties fried.

Sallad.

Turnips and carrots.
Boiled tongue.

Lobſter removed with a ſaddle of mutton.

Second

Second Course.

Three moor game roasted.

Cauliflower and Parmesan cheese. Filberts. | Peaches. Collared pig. Plum tart. | Custards. Pears.

Six dotterels roasted. Apples. Forced sweetbreads. | Potted lobster. Grapes. | Two teals roasted. Walnuts. Forced morelles.

Italian cream. | Hare roasted. | Blanc mange.

DINNERS OF THREE COURSES.

First Course.

Cod and oyster sauce.

Jugged hare. French patty. Chickens. | Neck of veal à-la-braise. Almond soup. Tongue and udder. Broiled salmon. | Small puddings. Fillet of beef larded and roasted. Torrent de veau.

Second Course.

Pheasant.

Stewed pears. Roast lobsters. White fricassee. | Apple tarts. Jellies. Custards. Turkey. | Mushrooms. Oyster loaves. Pippins.

Third Course.

Sweetbread à-la-braise.

Fried artichokes. Almond cheesecakes. Amlet. | Potted eels. Fruit. Potted lobsters. Larks. | Pig's ears. Apricot puffs. Forced celery.

OINT-

OINTMENTS.

Though ointments do not heal wounds and ſores, yet they ſerve to defend them from the external air, and to retain ſuch ſubſtances as may be neceſſary for drying, deterging, deſtroying proud fleſh, and ſuch like. For theſe purpoſes, however, it will be ſufficient to inſert only a few of the moſt ſimple forms, as ingredients of a more active nature can occaſionally be added to them.

Yellow Baſilicum OINTMENT. Take of yellow wax, white reſin, and Burgundy pitch, each a quarter of a pound; melt them together over a gentle fire; then add of hog's lard prepared, one pound; ſtrain the ointment while warm. This ointment is employed for cleanſing and healing wounds and ulcers.

OINTMENT *of Calamine*. Take of olive oil a pint and a half; white wax, and calamine ſtone levigated, of each half a pound. Let the calamine ſtone, reduced into a fine powder, be rubbed with ſome part of the oil, and afterwards added to the reſt of the oil and wax, previouſly melted together, continually ſtirring them till quite cold. This ointment, which is commonly known by the name of Turner's Cerate, is an exceeding good application in burns and excoriations, from whatever cauſe.

Emollient OINTMENT. Take of palm oil, two pounds; olive oil, a pint and a half; yellow wax, half a pound; Venice turpentine, a quarter of a pound. Melt the wax in the oils over a gentle fire; then mix in the turpentine, and ſtrain the ointment. This ſupplies

the place of Althæa Ointment. It may be uſed for anointing inflamed parts, &c.

Eye OINTMENTS. Take of hog's lard prepared, four ounces; white wax, two drams; tutty prepared, one ounce; melt the wax with the lard over a gentle fire, and then ſprinkle in the tutty, continually ſtirring them till the ointment is cold. This ointment will be more efficacious, and of a better conſiſtence, if two or three drams of camphor be rubbed up with a little oil, and intimately mixed with it.

Another. Take of camphor, and calamine ſtone levigated, each ſix drams; verdigreaſe well prepared, two drams; hog's lard, and mutton ſuet prepared, of each two ounces. Rub the camphor well with the powder; afterwards mix in the lard and ſuet, continuing the rubbing till they be perfectly united. This ointment has been long in eſteem for diſeaſes of the eyes. It ought, however, to be uſed with caution, when the eyes are much inflamed, or very tender.

Iſſue OINTMENT. Mix half an ounce of Spaniſh flies, finely powdered, in ſix ounces of baſilicum ointment. This ointment is chiefly intended for dreſſing bliſters in order to keep them open during pleaſure.

OINTMENT *of Lead.* Take of olive oil, half a pint; white wax, two ounces; ſugar of lead, three drams. Let the ſugar of lead, reduced into a fine powder, be rubbed with ſome part of the oil, and afterwards added to the other ingredients, previouſly melted together, continually ſtirring them till quite cold. This cooling and gently aſtringent ointment may be uſed in all caſes where the intention is to dry and ſkin over the part, as in ſcalds, &c.

Mercurial OINTMENT. Take of quickſilver, two ounces; hog's lard, three ounces; mutton ſuet, one ounce. Rub the quickſilver with an ounce of the hog's lard in a warm mortar, till the globules be perfectly extinguiſhed, then rub it up with the reſt of the lard and ſuet, previouſly melted together. The principal intention of this ointment is to convey mercury into the body by being rubbed upon the ſkin.

OINTMENT *of Sulphur*. Take of hog's lard prepared, four ounces; flowers of ſulphur, an ounce and a half; crude ſal ammoniac, two drams; eſſence of lemon, ten or twelve drops; make them into an ointment. This ointment, rubbed upon parts affected, will generally cure the itch. It is both the ſafeſt and beſt application for that purpoſe, and, when made in this way, has no diſagreeable ſmell.

White OINTMENT. Take of olive oil, one pint; white wax and ſpermaceti, of each three ounces. Melt them with a gentle heat, and keep them conſtantly and briſkly ſtirring together, till quite cold. If two drams of camphor, previouſly rubbed with a ſmall quantity of oil, be added to the above, it will make the *White camphorated* OINTMENT.

Liniment for Burns. Take equal parts of Florence oil, or of freſh cold-drawn linſeed oil, and lime-water; ſhake them well together in a wide-mouthed bottle, ſo as to form a liniment.

This is found to be an exceeding proper application for recent ſcalds or burns. It may either be ſpread upon a cloth, or the parts affected may be anointed with it twice or thrice a-day.

White Liniment. This is made in the ſame manner as the white ointment, two thirds of the wax being left out. This liniment may be applied in caſes of excoriation, where, on account of the largeneſs of the ſurface, the ointments with lead or calamine might be improper.

Liniment for the Piles. Take of emollient ointment, two ounces; liquid laudanum, half an ounce. Mix theſe ingredients with the yolk of an egg, and work them well together.

Volatile Liniment. Take of Florence oil, an ounce; ſpirit of hartſhorn, half an ounce; ſhake them together. This ointment made with equal parts of the ſpirit and oil, will be more efficacious, where the patient's ſkin is able to bear it. Sir John Pringle obſerves, that in the inflammatory quinſey, a piece of flannel moiſtened with this liniment, and applied to the throat, to be renewed every four or five hours, is one of the moſt efficacious remedies; and that it ſeldom fails, after bleeding, either to leſſen or carry off the complaint. The truth of this obſervation we have often experienced.

Camphorated Oil. Rub an ounce of camphor, with two ounces of Florence oil, in a mortar, till the camphor be entirely diſſolved. This antiſpaſmodic liniment may be uſed in obſtinate rheumatiſm; and in ſome other caſes accompanied with extreme pain and tenſion of the parts.

ONIONS.—See PICKLING.

ORAN-

ORANGES.—See CANDYING, PRESERVING, &c.

ORGEAT.

Take two pounds of almonds, thirty bitter, and beat them to a paſte; mix it with three quarts of water, and ſtrain it through a fine cloth; add orange and lemon-juice, with ſome of the peel; ſweeten to your palate.

The above is a very pleaſing and refreſhing beverage; and a ſimilar preparation may be made from lemons in the following manner:

LEMONADE. Take two Seville oranges and ſix lemons, pare them very thin, ſteep the parings four hours in two quarts of water; put the juice of ſix oranges and twelve lemons upon twelve ounces of fine ſugar; when the ſugar is melted, put the water to it. Add a little orange flower water, and more ſugar, if neceſſary. Paſs it through a bag till it is fine.

ORTOLANS.

Theſe birds are brought from France, and are fed in large cages with canary ſeed, till they become a lump of fat; and when they are become fully fatted they muſt be killed, or elſe they will feed upon their own fleſh.

To kill them, you muſt take them by the beak, and hold it cloſe with your finger and thumb, and the bird will be ſtifled in about the ſpace of a minute.

Then

Then pick off the feathers, even thoſe of the head, and put a fine ſkewer through them, juſt under the wings, and roaſt them quick; putting ſmall toaſts in a diſh under them to drip upon.

Serve them up with ſtrong gravy, and as much white wine made hot; garniſh with ſlices of lemon and raſpings of bread, ſifted and roaſted before the fire.

Or, ſpit them ſideways, with a vine-leaf between; baſte them with butter, and have fried crumbs of bread round the diſh.

ORNAMENTAL DISHES for DESERTS and ENTERTAINMENTS.

A Fiſh-pond. Fill one large fiſh-mould and ſix ſmall ones with flummery; put half a pint of ſtiff clear calf's-foot jelly into a china bowl; let it ſtand till cold; then lay two of the ſmall fiſhes on the jelly, the right ſide down. Put in half a pint more jelly, let it ſtand till cold, then lay in the four ſmall fiſhes acroſs one another, that when you turn the bowl upſide down, the heads and tails may be ſeen. Then almoſt fill your bowl with jelly, and let it ſtand till cold; lay in the jelly four large fiſhes, and fill the baſon quite full with jelly, and let it ſtand till the next day. When you want to uſe it, ſet your bowl to the brim in warm water for one minute; take care that you do not let the water go into the baſon. Lay your plate on the top of the baſon, and turn it upſide down. If you want it for the middle, turn it out upon a ſalver. Be ſure you make your jelly very ſtill and clear.

A Float

A Floating Iſland. Take a ſoup diſh according to the ſize and quantity you intend to make, but a pretty deep glaſs is beſt, and ſet it on a china diſh; take a quart of thick cream, make it pretty ſweet with fine ſugar, pour in a gill of ſack, grate the yellow rind of a lemon in, and mill the cream till it is all of a thick froth; then carefully pour the thin from the froth into a diſh; take a French roll, or as many as you want, cut it as thin as you can, lay a layer of that as light as poſſible on the cream, then a layer of currant jelly, then a very thin layer of roll, and then hartſhorn jelly, then French roll, and over that whip your froth which you have ſaved off the cream very well milled up, and lay at the top as high as you can heap it; and as for the rim of the diſh, ſet it round with fruit or ſweetmeats according to your fancy. This looks very pretty in the middle of a table, with candles round it, and you may make it of as many different colours as you fancy, and according to what jellies and jams, or ſweetmeats you may have; or at the bottom of the diſh you may put the thickeſt cream you can get; but that is as you fancy.

Floating Iſland of Apples. Bake or ſcald eight or nine large apples; when cold, pare them, and pulp them through a ſieve; beat this up with fine ſugar; put to it the whites of four or five eggs that have been beaten, with a little roſe water; mix it a little at a time, beat it till it is light; heap it on a rich cold cuſtard, or on jelly.

Floating Iſland of Chocolate. Take the whites of two eggs, and mix them up with two ounces of chocolate ſcraped; pile it on a thin cuſtard or jelly.

A De-

A Deſert Iſland. Form a lump of paſte into a rock three inches broad at the top, then colour it, and ſet it in the middle of a deep china diſh. Set a caſt figure on it, with a crown on its had, and a knot of rock-candy at its feet; then make a roll of paſte an inch thick, and ſtick it on the inner edge of the diſh, two parts round. Cut eight pieces of eringo roots, about three inches long, and fix them upright to the roll of paſte on the edge. Make gravel walks of ſhot comfits round the diſh, and ſet ſmall figures in them. Roll out ſome paſte, and cut it open like Chineſe rails. Bake it, and fix it on either ſide of the gravel walks with gum, and form an entrance where the Chineſe rails are, with two pieces of eringo root for pillars.

To make a Hedgehog. Take two pounds of blanched almonds, beat them well in a mortar, with a little canary and orange flower water, to keep them from oiling. Make them into a ſtiff paſte, then beat in the yolks of twelve eggs, leave out five of the whites; put to it a pint of cream, ſweetened with ſugar, put in half a pound of ſweet butter melted, ſet it on a furnace or ſlow fire, and keep it conſtantly ſtirring, till it is ſtiff enough to be made in the form of a hedgehog; then ſtick it full of blanched almonds, ſlit and ſtuck up like the briſtles of a hedgehog, then put it into a diſh; take a pint of cream and the yolks of four eggs beat up, ſweetened with ſugar to your palate. Stir them together over a ſlow fire till it is quite hot, then pour it round the hedgehog in a diſh, and let it ſtand till it is cold, and ſerve it up. Or uſe a rich calf's foot jelly made clear and good; pour it into the diſh round the hedgehog;

hog; and when it is cold, it makes a pretty diſh; or it looks well in the middle of a table for ſupper.

A Diſh of Snow. Put twelve large apples into cold water, ſet them over a ſlow fire, and when they are ſoft, pour them upon a hair ſieve. Take off the ſkins, and put the pulp into a baſon; then beat the whites of twelve eggs to a very ſtrong froth, beat and ſift half a pound of double-refined ſugar, and ſtrew it on the eggs; then beat the pulp of your apples to a ſtrong froth; laſtly, beat them all together till they are like a ſtiff ſnow; lay it upon a china diſh, and heap it up as high as you can. Set round it green knots of paſte, in imitation of Chineſe rails, and ſtick a ſprig of myrtle in the middle of the diſh.

Moonſhine. Take the ſhapes of half a moon, and five or ſeven ſtars; wet them, and fill them with flummery; let them ſtand till they are cold, then turn them into a deep china diſh, and pour lemon cream round them, made thus: Take a pint of ſpring water, put to it the juice of three lemons, and the yellow rind of one lemon; the whites of five eggs, well beaten, and four ounces of loaf-ſugar; then ſet it over a ſlow fire, and ſtir one way till it looks white and thick: if you let it boil it will curdle. Then ſtrain it through a hair ſieve, and let it ſtand till it is cold; beat the yolks of five eggs, mix them with your whites, ſet them over the fire, and keep ſtirring it till it is almoſt ready to boil, then pour it into a baſon. When it is cold, pour it among your moon and ſtars. Garniſh with flowers. It is a proper diſh for a ſecond courſe, either for dinner or ſupper.

A Crow Cant. Take wet or dry ſweetmeats, and fill a diſh as full as for a pye; then take a deep diſh of the ſame breadth of the other that your ſweetmeats are in, turn it upſide down, and cover it with a ſheet of paſte of milk and ſugar boiled, wrought with flour, and rolled out thin; then cut it out in various ſhapes and forms, bake it on the diſh, and take great care not to have any burnt ſpots on it; when it is enough take it out of the diſh, and ſet it upon the ſweetmeats.

OX-CHEEK.—See SOUPS.

OYSTERS.

To fricaſſee OYSTERS. Put a little butter in a ſtewpan, with a ſlice of ham, a faggot of parſley and ſweet herbs, and one onion ſtuck with two cloves; ſoak it a little on a ſlow fire, adding a little flour, ſome good broth, and a piece of lemon-peel; then put ſcalded oyſters to it, and ſimmer them a little. When ready to ſerve, thicken it with a mixture made of the yolks of two eggs, a little cream, and a bit of good butter; take out the ham, faggot, onion, and lemon-peel, and add the ſqueeze of a lemon.

P.

PALATES.

To roaſt Ox PALATES. Having boiled them tender, blanch them, cut them into ſlices about two inches long, lard half with bacon; then have ready two or three pi-

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geons, and two or three young chickens, draw them, truſs them, and fill them with force-meat; let half of them be nicely larded, ſpit them on a bird ſpit thus:—A bird, a palate, a ſage leaf, and a piece of bacon; and ſo on. Take cocks' combs and lambs' ſtones, parboiled and blanched, lard them with little bits of bacon; large oyſters parboiled, and each larded with one piece of bacon; put theſe on a ſkewer, with a little piece of bacon and ſage leaf between them; tie them on a ſpit and roaſt them; then beat up the yolks of three eggs, ſome nutmeg, a little ſalt, and crumbs of bread; baſte them with theſe all the time they are roaſting, and have ready two ſweetbreads, each cut in two, ſome artichoke bottoms cut in four and fried, and then rub the diſh with ſhallots: lay the birds in the middle, piled upon one another, and lay the other things all ſeparate by themſelves round about in the diſh. Have ready for ſauce a pint of good gravy, a quarter of a pint of red wine, an anchovy, the oyſter liquor, a piece of butter rolled in flour; boil all theſe together, and pour into the diſh, with a little juice of lemon. Garniſh your diſh with lemon.

To ſtew Ox PALATES. Waſh four ox palates in ſeveral waters, then lay them in warm water for half an hour, then waſh them out, put them in a pot, tie them down with ſtrong paper, and ſend them to the oven with as much water as will cover them, or boil them till tender; then ſkin them and cut them in pieces half an inch broad, and three inches long; put them in a toſſing-pan with a pint of veal gravy, one ſpoonful of Madeira wine, the ſame of catchup and browning, one onion ſtuck with cloves, and a ſlice of lemon; ſtew them half an hour,

then take out the onion and lemon, thicken your ſauce and put them in a diſh; have ready boiled artichoke bottoms, cut them in quarters, and lay them over your palates, with force-meat balls and morels. Garniſh with lemon, and ſerve them up.

Another way. Braze the palates, and cut them in ſmall pieces; put them in a ſtewpan with a bit of butter, two ſpoonfuls of oil, ſalt, whole pepper, a little nutmeg, two chopped ſhallots, a clove of garlick, a little tarragon, muſhrooms, and parſley; ſimmer it a quarter of an hour, then add a little cullis, a glaſs of white wine, and a little jelly broth; boil it a little, ſkim it well, When ready to ſerve, add the ſqueeze of a lemon.

Another way. Boil the palates till tender; peel and cut them in eight or ten pieces; put them in a ſtewpan with a ſlice of ham, a faggot of parſley, chibbol, a clove of garlick, two cloves, a little butter; let it catch a little, then add a little white wine and cullis; boil it ſlowly for ſome time, ſkim it well, add pepper and ſalt according to taſte, and ſweet herbs finely chopped. When ready to ſerve, add the juice of a lemon.

Another way. Clean four or five palates, put them into an earthen pan with water to cover them, tie them down, bake them or boil them; when tender peel them, cut them in pieces, flour them; put them into ſome good gravy, with an onion, a little pounded cloves, a piece of lemon-peel, and ſome catchup; ſtew them half an hour, take out the peel and onion, add ſome morels, force-meat balls, and lemon-juice, and, if to be had, artichoke bottoms boiled and quartered. Garniſh with lemon ſliced, or the peel cut like ſtraws.

To broil Ox PALATES. Boil in water as many palates

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as you pleaſe; peel them, and ſoak them in Saint Mehoult, which is thus:—Put in a ſtewpan a little butter rolled in flour, ſalt and pepper, two ſhallots, a clove of garlick, two cloves, parſley, a laurel leaf, thyme, with as much milk as will ſimmer your palates till tender; then take them out, and baſte them with the yolks of eggs and bread crumbs; broil them ſlowly, and ſerve them with ſharp ſauce.

To ragoo Ox PALATES. Take four ox palates, and boil them very tender, clean them well, cut ſome in ſquare pieces, and ſome long. Make a rich cullis thus:—Put a piece of butter in your ſtewpan, and melt it; put a large ſpoonful of flour to it, ſtir it well till it is ſmooth, then put a quart of good gravy to it, chop three ſhallots, and put in a gill of Liſbon; cut ſome lean ham very fine and put in, alſo half a lemon; boil them twenty minutes, then ſtrain it through a ſieve, put it into your pan, and the palates, with ſome force-meat balls, truffles, morels, and pickled or freſh muſhrooms ſtewed in gravy; ſeaſon with pepper and ſalt to your liking, and toſs them up five or ſix minutes, then diſh them up. Garniſh with lemon or beet root.

Veal PALATES. Provide two nice palates, and boil them half an hour; take off the ſkins, and cut them into pieces, as you do ox palates; put them into a ſtew pan with a glaſs of champagne, a little minced green onion, parſley, pepper and ſalt; toſs it often till the wine is gone, pour in a ladle of cullis mixed with gravy, ſtew them ſoftly in it till very tender, daſh in a ſmall glaſs more of wine; add the juice of a lemon or orange, and ſend it up.

PANADA.

PANADA.

Grate the crumb of a penny white loaf into a quart of cold water, put in a blade of mace, ſet it on the fire, and when it is boiled ſmooth, take it off and put in a bit of lemon-peel, the juice of a lemon, a glaſs of ſack, and ſweeten with ſugar to your palate.

Or you may leave out the wine and ſugar, and put in a little ſalt.

Another way. Put a blade of mace, a large piece of crumb of bread, and a quart of water into a ſaucepan. Let it boil two minutes, then take out the bread, and bruiſe it very fine in a baſon. Mix as much water as you think it will require, pour away the reſt, and ſweeten it to your palate. Put in a piece of butter as big as a walnut, but do not put any wine, as that will ſpoil it. Grate in a little nutmeg.

PANCAKES *and* FRITTERS.

Cream PANCAKES. Take half a pint of cream, mix with it the yolks of two eggs, two ounces of ſugar, a little cinnamon, mace, and nutmeg. Rub your pan with lard, and fry them as thin as poſſible. Grate ſugar over them.

Another way. Take a quart of good milk, beat in ſix or eight eggs, leaving half the whites out; mix it well till your batter is of a fine thickneſs. You muſt obſerve to mix your flour firſt with a little milk, then add the reſt by degrees; put in two ſpoonfuls of beaten ginger, a glaſs of brandy, and a little ſalt; ſtir all together, make your ſtewpan very clean, put in a piece of butter

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as large as a walnut, then pour in a ladleful of batter, which will make a pancake, moving the pan round that the batter may be all over the pan; ſhake the pan, and when you think that ſide is enough, toſs it, if you cannot turn it cleverly; and when both ſides are done, lay it in a diſh before the fire, and ſo do the reſt. You muſt take care that they are dry. When you ſend them to table, ſtrew a little ſugar over them.

Another way. Mix the yolks of two eggs with half a pint of cream, and two ounces of ſugar; rub your pan with lard, and fry them as thin as poſſible; grate ſugar over them, and ſerve them up hot.

Common PANCAKES. Take a pint of milk, a pound of flour, and three eggs; put the milk by degrees into the flour; add a little ſalt, and grated ginger; fry them in lard, and grate ſugar over them.

Batter PANCAKES. Take a pound of flour and three eggs, beat them well together; put to it a pint of milk, and a little ſalt; fry them in lard or butter; grate ſugar over them, cut them in quarters, and ſerve them up.

Fine PANCAKES. To a pint of cream add the yolks of eight eggs, but no whites, three ſpoonfuls of ſack, or orange-flower water, a little ſugar, and a grated nutmeg, the butter and cream muſt be melted over the fire; mix all well together with three ſpoonfuls of flour; butter the frying-pan for the firſt, let them run as thin as you can in the pan, fry them quick, and ſend them up hot.

Rice PANCAKES. Waſh and pick clean half a pound of rice, boil it till it is tender, and all the water boiled away; put it into a tin cullender, cover it cloſe, and let it ſtand all night; then break it very ſmall; take fourteen eggs, beat and ſtrain them, and put them to the rice,

rice, with a quart of cream, a nutmeg grated; beat well together, then ſhake in as much flour as will hold them together, and ſtir in as much butter as will fry them.

PANCAKES *called a Quire of Paper.* Take a pint of cream, ſix eggs, three ſpoonfuls of fine flower, three ſpoonfuls of ſack, one of orange flower water, a little ſugar, half a nutmeg grated, and half a pound of melted butter almoſt cold; mingle all well together, and butter the pan for the firſt pancake. Let them run as thin as poſſible; when they are juſt coloured, they are enough; take them carefully out of the pan, and ſtrew fine ſugar between each, laying them even on the diſh; and ſo do with all the fine pancakes.

Pink-coloured PANCAKES. Boil a large beet-root tender, beat it fine in a marble mortar, adding to the juice the yolks of four eggs, two ſpoonfuls of flour, and three ſpoonfuls of cream; ſweeten it to your taſte, and grate in half a nutmeg, and add a glaſs of brandy; beat them all together half an hour, fry them in butter, and garniſh them with green ſweetmeats, preſerved apricots, or green ſprigs of myrtle. It is a pretty corner diſh for either dinner or ſupper.

Clary PANCAKES. Take three eggs, three ſpoonfuls of fine flour, and a little ſalt, beat them well, and mix them well with a pint of milk; put lard into your pan; when it is hot, pour in your batter as thin as poſſible, then lay in ſome clary leaves, waſhed and dried, and pour a little more batter thin over them; fry them a fine brown, and ſerve them up.

Common FRITTERS. Get ſome large baking apples, pare them, and take out the core; cut them in round ſlices, and dip them in batter made as follows: Take

half a pint of ale, and two eggs, and beat them in as much flour as will make it rather thicker than a common pudding, with nutmeg and ſugar to your taſte. Let it ſtand three or four minutes to riſe. Having dipped your apple into this batter, fry them criſp, and ſerve them up with ſugar grated over them, and wine ſauce in a boat.

Strawberry FRITTERS. Make a batter with flour; a ſpoonful of oil, white wine, a little raſped lemon-peel, and the whites of two or three eggs; make it pretty ſoft, juſt fit to drop with a ſpoon. Mix ſome large ſtrawberries with it, and drop them with a ſpoon, the bigneſs of a nutmeg, into the hot fritter. When of a good colour, take them out, and drain them on a ſieve; when ready to ſerve, ſtrew them over with ſugar.

Plain FRITTERS. Grate the crumb of a penny loaf, and put it into a pint of milk; mix it very ſmooth; when cold, add the yolks of five eggs, three ounces of ſifted ſugar, and ſome grated nutmeg; fry them in hog's lard; pour melted butter, wine, and ſugar, into the diſh. Currants may be added, as an improvement.

Tanſey FRITTERS. Pour a pint of boiling milk on the crumb of a penny loaf, let it ſtand an hour, and then put as much juice of tanſey to it as will give it a flavour (too much will make it bitter); then, with the juice of ſpinach, make it a pretty green. Put to it a ſpoonful of ratafia-water, or brandy, ſweeten it to your taſte, grate the rind of half a lemon, beat the yolks of four eggs, mix them all together; put them in a toſſing-pan, with a quarter of a pound of butter; ſtir it over a ſlow fire, till it is quite thick; take it off, and let it ſtand two or three hours; then drop them into a pan of

boiling lard, a ſpoonful is enough for a fritter; ſerve them up with ſlices of orange round them, grate ſugar over them, and ſerve wine ſauce in a boat.

Currant FRITTERS. Take half a pint of ale that is not bitter, ſtir a ſufficient quantity of flour in it to make it pretty thick; add a few currants; beat this up quick, have the lard boiling, throw in a large ſpoonful at a time.

Royal FRITTERS. Put a quart of new milk into a ſaucepan, and as the milk boils up, pour in a glaſs of ſack. After boiling, let it ſtand five or ſix minutes; then ſkim off all the curd and put it into a baſon; beat it up well with ſix eggs, ſeaſon it with nutmeg; then beat it with a whiſk; add flour to make it as thick as batter uſually is, put in ſome fine ſugar, and fry them thick.

Haſty FRITTERS. Heat ſome butter in a ſtewpan. Stir a little flour by degrees into half a pint of ale; put in a few currants, or chopped apples; beat them up quick, and drop a large ſpoonful at a time all over the pan. Take care to prevent their ſticking together, turn them with an egg-ſlice; and, when they are of a fine brown, lay them on a diſh, and throw ſome ſugar over them. You may cut an orange into quarters for garniſh.

Water FRITTERS. For theſe fritters, the batter muſt be very thick. Take five or ſix ſpoonfuls of flour, a little ſalt, a quart of water, the yolks and whites of eight eggs well beat, with a little brandy; ſtrain them through a hair ſieve, and mix them with the other ingredients. The longer they are made before they are fried, the better.

ter. Juſt before they are fried, melt half a pound of butter, and beat it well in. The beſt thing to fry them in is lard.

Fine FRITTERS. Take ſome very fine flour, and dry it well before the fire. Mix it with a quart of milk, but be careful not to make it too thick; put to it ſix or eight eggs, a little ſalt, nutmeg, mace, and a quarter of a pint of ſack, or ale, or a glaſs of brandy. Beat them well together, then make them pretty thick with pippins, and fry them dry.

PARSLEY.—See SAUCES.

PARSNIPS.

To dreſs PARSNIPS. Parſnips ſhould be boiled in a great deal of water, and when they are ſoft, which may be known by running a fork into them, they are enough. They either may be ſerved whole with melted butter, or beat ſmooth in a bowl, heated with a little cream, butter, and flour, and a little ſalt.

PARTRIDGES.

To roaſt PARTRIDGES. Duſt them with flour, and baſte them often with freſh butter, keeping them at a good diſtance from the fire; ſprinkle a little ſalt on, and froth them up nicely. Make your gravy of a ſcrag of mutton, a tea ſpoonful of lemon pickle, a large ſpoonful of catchup, and the ſame of browning; ſtrain it, and put

a little of it into the diſh. Serve them up with bread ſauce in a boat, made thus: Take a handful or two of bread crumbs, put them to a pint of milk or more, a ſmall whole onion, a little whole pepper, ſalt, and a bit of butter; boil all well together, then take the onion out, and beat it well with a ſpoon; to the whole add about a gill of Poivrade ſauce; boil them a minute, and put it in a boat.

To boil a PARTRIDGE. Boil your partridges quick in a good deal of water, and fifteen minutes will be ſufficient. For ſauce—take a quarter of a pint of cream, and a piece of freſh butter as large as a walnut; ſtir it one way till it is melted, and pour it into the diſh.

Another way. Truſs two or three partridges as for boiling; lard them with ham, bacon, and anchovies; braze them as uſual; when done, ſkim and ſift the ſauce, and add a little cullis. When ready to ſerve, add the ſqueeze of a lemon.

For ſauce—take a few muſhrooms, freſh peeled, and waſh them clean; put them in a ſaucepan with a little ſalt, put them over a quick fire, let them boil up, then put in a quarter of a pint of cream and a little nutmeg; ſhake them together with a piece of butter rolled in flour, give it two or three ſhakes over the fire; three or four minutes will do; then pour it over the birds.

Or, boil half a pound of rice very tender in beef gravy; ſeaſon with pepper and ſalt, and pour over your birds. Theſe ſauces do alſo for boiled fowls. A quart of gravy will be enough; and let it boil till it is quite thick.

Or, bruiſe the livers very fine, with ſome chopped parſley, melt a little nice freſh butter, adding the livers and

and parſley, ſqueeze in a lemon, give it a boil, and pour over the birds.

PARTRIDGES *in Panes.* Take two roaſted partridges, and the fleſh of a large fowl, a little parboiled bacon, a little marrow or ſweet ſuet chopped fine, a few morels or muſhrooms chopped fine, truffles and artichoke bottoms. Seaſon with beaten mace, pepper, a little nutmeg, ſalt, ſweet herbs chopped fine, and the crumb of a two penny loaf, ſoaked in hot gravy. Mix all well together, with the yolks of two eggs; make your panes on paper, of a round figure, and the thickneſs of an egg, at a proper diſtance one from another. Dip the point of a knife in the yolk of an egg, in order to ſhape them, bread them neatly, and bake them a quarter of an hour in a quick oven. Obſerve that the truffles and morels are boiled tender in the gravy you ſoak the bread in. Serve them up for a ſide diſh.

When you have cold fowls in the houſe, this makes a pretty addition in an entertainment. Or you may omit the fowl.

PARTRIDGES *en aſpic.* Chop ſhallots, parſley, tarragon, chives, garden-creſſes, a little baſil, one clove of garlic, and a few anchovies. Mix theſe with muſtard, oil, tarragon, vinegar, pepper and ſalt. If you ſerve the partridges whole, ſerve the ſauce cold in a ſauce boat. If for hot, cut the partridges as for a haſh; warm them in a little broth, then put them to the ſauce; warm them together without boiling. You may alſo mix it in the ſame manner cold. If cold, it will be better to be mixed an hour or more before uſing.

PARTRIDGES *in Ragoo, with Oranges.* Roaſt them as above, only uſe no flour. Make a ſauce of the livers pounded,

pounded, and add two or three of chickens; put it into a ſtewpan with a green onion or two, a muſhroom, pepper and ſalt, and parſley. Boil all in cullis a few minutes; cut the partridges as for a fricaſſee, and put to your ſauce. Let it boil but juſt long enough to make the meat hot through. Strip in a morſel or two of lemon-peel, a bit of minced ſhallot and parſley, ſqueeze in a good deal of juice, and diſh it up. Garniſh with oranges in quarters.

PARTRIDGES *à-la-braize.* Take two brace of partridges, truſs the legs into the bodies, lard them, and proceed in every reſpect as directed for *chickens à-la-braize.* See that article, Vol. i. page. 226.

To ſtew PARTRIDGES. Truſs them as for roaſting, ſtuff the craws with bread crumbs, a bit of butter, lemon peel grated, chopped ſhallot, parſley, pepper, ſalt, nutmeg, yolk of egg. Rub the inſide with pepper and ſalt, and you may lard them down each ſide of the breaſt. Half roaſt them. Stew them with cullis or rich gravy, and a little Madeira, an onion, a piece of lemon-peel, ſavoury ſpice, if neceſſary, for about half an hour. Take out the onion and lemon-peel, thicken it with a little flour; add kyan, catchup, &c. if neceſſary. Boil it up. Garniſh with hard yolks of eggs; add artichoke bottoms boiled and quartered.

PARTRIDGES *rolled.* Lard young partridges with ham or bacon; ſtrew over them ſome pepper and ſalt, with ſome beaten mace, ſome ſhred lemon-peel, and ſweet herbs cut ſmall; then take ſome thin beef ſteaks (there muſt be no holes in them); ſtrew over theſe ſome of the ſeaſoning, and then ſqueeze on them ſome lemon juice; lay a partridge upon each ſteak, and roll it up;

tie it round to keep it together, and pepper the outſide. Set on a ſtewpan with ſome ſlices of bacon, and an onion cut into pieces; lay the partridges carefully in, put to them ſome rich gravy, and let them ſtew gently till they are done; then take the partridges out of the beef, lay them in a diſh, and pour over them ſome rich eſſence of ham.

PARTRIDGES *broiled with ſweet Herbs.* Truſs them as for boiling; ſplit them down the back, and marinade them about an hour in a little oil, with pepper and ſalt, and all ſorts of ſweet herbs chopped; then roll them in paper with all the ſeaſoning; broil ſlowly. When done, take off the paper, mix the herbs with a little good cullis, add the ſqueeze of a lemon, and ſerve with the partridges

PARTRIDGES *with Conſommée Sauce.* Truſs your partridges as for boiling; put them in a ſtewpan, with ſlices of veal and bacon above and below, a ſlice of ham, a faggot, three cloves, ſliced onions and carrots; braze on a very ſlow fire. When done, ſift and ſkim the ſauce, and ſerve upon the partridges.

PARTRIDGES *à-la-paiſanne.* Pick, draw, and truſs your partridges, and put them upon an iron ſkewer; tie them to the ſpit, lay them down to roaſt; put a piece of fat bacon upon a toaſting-fork, and hold it over the partridges, that as it melts it may drop upon them as they roaſt. When they are well baſted with this, duſt over them ſome crumbs of bread and ſome ſalt; cut ſome ſhallots very fine, with a little gravy, ſalt, and pepper, and the juice of half a lemon. Mix all theſe together over the fire, and thicken them up.

Pour

Pour them into a diſh, and lay the partridges upon them.

PARTRIDGES *haſhed with Rocombole Sauce.* Truſs theſe as to roaſt them; make a force-meat with the livers, &c. and roaſt them gently with a lard of bacon and paper; lodge a bit or two of rocombole upon the breaſts, and when done, cut all the fleſh from the breaſts into very thin ſlices; keep your carcaſes hot, and provide a ſauce for the haſh, with a ladle of cullis, minced rocombole, pepper, ſalt, and nutmeg; boil this a few minutes, and put in your haſh. When your dinner is ready, put it to the ſauce. Make it only boiling hot, throw in a little parſley, ſqueeze in ſome lemon or orange, and diſh up upon the bones or carcaſes. Put enough of your cullis, that ſome may flow over into the diſh.

Woodcocks make a good diſh done in this faſhion. —See alſo WOODCOCKS.

PASTES.

PASTE *for large Pies.* Put the yolks of three eggs to a peck of flour, pour in ſome boiling water, then put in half a pound of ſuet, and a pound and a half of butter. Skim off the butter and ſuet, and as much of the liquor as will make it a light good cruſt. Work it up well, and roll it out.

A PASTE *for Cuſtards.* Pour half a pound of boiling water on two pounds of flour, adding as much water as will make it into a good paſte. Work it well, and when it has cooled a little, raiſe your cuſtards, put a paper

paper round the inſide of them, and when they are half baked, fill them.

Another way. To half a pound of flour, put ſix ounces of butter, the yolks of two eggs, and three ſpoonfuls of cream. Mix them together, let them ſtand for a quarter of an hour, then work it up and down, and roll it very thin.

Short Cruſt. Rub ſome flour and butter together, full ſix ounces of butter to eight of flour; mix it up with as little water as poſſible, ſo as to have it a ſtiffiſh paſte; beat it well, and roll it thin. This is the beſt cruſt for all tarts that are to be eaten cold, and for preſerved fruit. Uſe a moderate oven. An ounce and a half of ſifted ſugar may be added.

PASTE *for Tarts.* Take one pound of flour, three quarters of a pound of butter; mix up together, and beat well with a rolling-pin.

Criſp PASTE *for Tarts.* To one pound of fine flour, put one ounce of loaf ſugar beat and ſifted. Make it into a ſtiff paſte, with a gill of boiling cream, and three ounces of butter to it; work it well, and roll it very thin. When you have made your tarts, beat the white of an egg a little, rub it over them with a feather, ſift a little double-refined ſugar over them, and bake them in a moderate oven.

Another way. Having beat the white of an egg to a ſtrong froth, put in by degrees four ounces of double-refined ſugar, with about as much gum as will lie upon a ſixpence, beat and ſifted fine. Beat them half an hour, and then lay it thin on your tarts.

Puff PASTE. Mix the flour with cold water, and weigh the paſte; to every pound of paſte put half a

pound of butter; roll out the paſte and divide the butter into three parts, laying one part on each ſheet, throwing flour on every time, and roll it three times after all the butter is laid on; if it is froſty, mix the flour with the water milk-warm.

Be ſure to roll the paſte until all the butter is well mixed, or it will run out in the baking. This paſte is for puddings, paſties, diſh-pies, florentines, or minced pies.

Another way. Take a quarter of a peck of flour, rub in a pound of butter very fine, make it up in a light paſte with cold water, juſt ſtiff enough to work it up; then roll it out about as thick as a crown piece; put a layer of butter all over; ſprinkle on a little flour, double it up, and roll it out again; double it and roll it three times, then it is fit for all pies and tarts that require a puff paſte.

PASTE *for ſtanding Cruſts.* To ſeven pounds of flour take three pounds of butter and three pints of water, boil the butter and water till it is melted, then ſkim off the butter and mix it with flour, likewiſe the remaining flour with water, work the paſte all together with your hands; when it is well mixed, cut the paſte into little pieces and lay on the table to cool; then work them all together, and raiſe it into a pie or pies.

Another way. Take ſome beef or ſheep ſuet, which cut ſmall and put into a braſs pan, ſet it on a clear fire at a good diſtance; if it ſtands over hot, it is in danger of burning the fat; and when it is melted, take it off the fire, and drain all the fat into a ſieve, letting it run into a clean broad earthen pot; when it is cold, to a pound of this fat take a pint of milk, a little ſalt, and

boil

boil and mix it with the flour as above: this makes a much better cruſt in winter, when butter is ſtrong, than butter does.

Sugar PASTES. Sift the ſugar through a lawn ſieve; then ſift ſtarch as fine, allowing a quarter of a pound of ſtarch to a pound of ſugar; make it into a ſtiff paſte, putting thereto gumdragon ſteeped in orange flower water; pound it in a mortar, and make into knots or ſhells in a mould or moſs, with rubbing it through an hair ſieve.

This paſte may be coloured of what colour you pleaſe, by tinging it with carmine for red, gamboge for yellow, ſteeped in water and gummed; with yellow gum and ſtone blue, ſteeped in water for green; with ſmalt for blue, and with chocolate for brown.

PASTY.—See VENISON.

PEASE.

Peaſe ſhould not be ſhelled till juſt before you want them. Put them into boiling water with a little ſalt, and a lump of loaf ſugar, and when they begin to dent in the middle, they are enough. Strain them into a ſieve, put a good lump of butter in your diſh, and ſtir then till the butter is melted. Boil a ſprig of mint by itſelf, chop it fine, and lay it round the edge of your diſh in lumps.

To preſerve green PEASE. In an earthen pot put one half water, and the other half vinegar, into this put green peaſe; cover the pot, and let it be well ſtopped,

and when you take them out to eat, put them in freſh water.

Theſe may be gathered when they are thoroughly ripe, that is, when the cod begins to turn black: and when you have taken out the peaſe, pull off the ſkin that covers them.

To ragoo PEASE. Gather them while they are green, ſhell them and put them into a pan with butter or lard; to which add a little water to make them boil, ſeaſoning all with ſalt, a little parſley and chibbol cut in pieces, and when they are done enough thicken the ſauce with a little cream, and ſerve it up.

To ſtew PEASE. Put them into a pot with a little water, butter, ſalt, and pepper; or you may fry them in a pan with butter, or otherwiſe with ſalt and pepper and a little flour, moiſtened with ſome milk or ſweet cream, which is the better, or elſe with ſome eggs with a little milk put to them.

Stewed PEASE *and Lettuce.* Take a quart of green peaſe, and two large cabbage-lettuces, cut ſmall acroſs, and waſhed very clean; put them in a ſtewpan with a quart of gravy, and ſtew them till tender; put in ſome butter rolled in flour, ſeaſon with pepper and ſalt. When of a proper thickneſs, diſh them up.

Some like them thickened with the yolks of four eggs; others prefer an onion chopped very fine, and ſtewed with them, with two or three raſhers of lean ham.

PERCH.

PERCH.

To fry PERCH. Scale and gut your perch, and waſh them clean; ſcore them at ſome diſtance on the ſides, but not very deep; dry them well, and flour them all over; fry them in oiled butter. When they are of a fine brown, lay ſome criſped parſley round the fiſh. For ſauce, take plain butter. Some make the following ſauce: Two ounces of browned butter; put to it ſome flour, a few chives chopped ſmall, ſome parſley, a few freſh muſhrooms cut ſmall, and a little boiling water. Lay the perch in this liquor after they are fried, and let them ſtew gently for four or five minutes; then lay them in a warm diſh; add two large ſpoonfuls of capers cut ſmall, thicken it up with butter and flour, and pour it over them.

To dreſs PERCH *in Water Souchy.* Having ſcaled, gutted, and waſhed them, put ſome ſalt in your water; when it boils, put in your fiſh, with an onion cut in ſlices, and ſeparated into round rings, and a handful of parſley; put as much milk as will turn the water white. The perch being enough, put them in a ſoup diſh, and pour a little of the water over them, with the parſley and the onions: ſerve it up with butter and parſley in a boat; onions may be omitted, if you think proper. Trout may be boiled the ſame way.

To prepare PERCH *with Muſhrooms.* Pick and cleanſe your muſhrooms; cut them into ſmall pieces, then ſtew them in a ſaucepan over a gentle fire without any liquor, but what comes from them, till they are tender; then pour off the liquor and put a little cream to them;

in

in the mean time prepare a brace of large perch, by ſcalding, waſhing and cutting them in thick ſlices and parboiling them; then put the fiſh to the muſhrooms and alſo the yolks of three eggs beaten, parſley boiled and chopped ſmall, ſalt, grated nutmeg, and lemon juice; keep continually ſtirring all theſe together over a gentle fire; but take care not to break the fiſh; and when enough, garniſh with ſlices of lemon and pickled barberries.

PHEASANTS.

To roaſt PHEASANTS. Make a little force-meat with the livers, bread crumbs, ſcraped lard or butter, chopped parſley, ſhallots, muſhrooms, pepper, and ſalt; ſtuff the partridges with it, and wrap them in ſlices of bacon and paper, or buttered paper only, and roaſt them.

Another way. Pick and draw your pheaſants, and ſinge them; lard one with bacon, but not the other; ſpit them, roaſt them fine, and paper them all over the breaſt. When they are juſt done, flour and baſte them with a little nice butter, and let them have a fine white froth; then take them up, and pour your gravy in the diſh, and bread ſauce in boats or baſons.

Or you may put water creſſes with gravy in the diſh, and lay the creſſes under the pheaſants.

Or you may make celery ſauce, ſtewed tender, ſtrained and mixed with cream, and poured into the diſh.

To boil PHEASANTS. Boil them in a great deal of water; if large, three quarters of an hour will boil them;

them; if ſmall, half an hour. For ſauce—white celery ſtewed and thickened with cream, and a bit of butter rolled in flour. Lay the pheaſants in the diſh, and pour the ſauce over them.

Obſerve ſo to ſtew your celery, that the liquor may not be all waſted before you put in your cream. Seaſon with ſalt to your palate. Garniſh with lemon.

PHEASANTS *à-la-braze.* Having put a layer of beef all over your pan, a layer of veal, a little piece of bacon, a piece of carrot, an onion ſtuck with cloves, a blade or two of mace, a ſpoonful of pepper, black and white, and a bundle of ſweet herbs, lay in the pheaſant; then a layer of beef and a layer of veal to cover it. Set it on the fire for five or ſix minutes, and pour in two quarts of boiling gravy. Cover it cloſe, and let it ſtew very ſoftly an hour and a half; then take up your pheaſant and keep it hot: let the gravy boil till it is reduced to about a pint, then ſtrain it off and put it in again; put in a veal ſweet-bread, firſt being ſtewed with the pheaſant; ſome truffles and morels, ſome livers of fowls, artichoke bottoms, and aſparagus tops, if you have them: let theſe ſimmer in the gravy about five or ſix minutes, add two ſpoonfuls of catchup, two of red wine, and a little piece of butter rolled in flour, with a ſpoonful of browning; ſhake all together, put in your pheaſant, let them ſtew all together, with a few muſhrooms, about five or ſix minutes more; then take up your pheaſant, and pour your ragoo all over, with a few force-meat balls. Garniſh with lemon. You may lard it if you think proper.

PHEASANTS *à-la-Mongelas.* Provide a large pheaſant, cut off the pinions as to roaſt, and make a good force-meat;

in the mean time prepare a brace of large perch, by ſcalding, waſhing and cutting them in thick ſlices and parboiling them; then put the fiſh to the muſhrooms and alſo the yolks of three eggs beaten, parſley boiled and chopped ſmall, ſalt, grated nutmeg, and lemon juice; keep continually ſtirring all theſe together over a gentle fire; but take care not to break the fiſh; and when enough, garniſh with ſlices of lemon and pickled barberries.

PHEASANTS.

To roaſt PHEASANTS. Make a little force-meat with the livers, bread crumbs, ſcraped lard or butter, chopped parſley, ſhallots, muſhrooms, pepper, and ſalt; ſtuff the partridges with it, and wrap them in ſlices of bacon and paper, or buttered paper only, and roaſt them.

Another way. Pick and draw your pheaſants, and ſinge them; lard one with bacon, but not the other; ſpit them, roaſt them fine, and paper them all over the breaſt. When they are juſt done, flour and baſte them with a little nice butter, and let them have a fine white froth; then take them up, and pour your gravy in the diſh, and bread ſauce in boats or baſons.

Or you may put water creſſes with gravy in the diſh, and lay the creſſes under the pheaſants.

Or you may make celery ſauce, ſtewed tender, ſtrained and mixed with cream, and poured into the diſh.

To boil PHEASANTS. Boil them in a great deal of water; if large, three quarters of an hour will boil them;

them; if ſmall, half an hour. For ſauce—white celery ſtewed and thickened with cream, and a bit of butter rolled in flour. Lay the pheaſants in the diſh, and pour the ſauce over them.

Obſerve ſo to ſtew your celery, that the liquor may not be all waſted before you put in your cream. Seaſon with ſalt to your palate. Garniſh with lemon.

PHEASANTS *à-la-braze.* Having put a layer of beef all over your pan, a layer of veal, a little piece of bacon, a piece of carrot, an onion ſtuck with cloves, a blade or two of mace, a ſpoonful of pepper, black and white, and a bundle of ſweet herbs, lay in the pheaſant; then a layer of beef and a layer of veal to cover it. Set it on the fire for five or ſix minutes, and pour in two quarts of boiling gravy. Cover it cloſe, and let it ſtew very ſoftly an hour and a half; then take up your pheaſant and keep it hot: let the gravy boil till it is reduced to about a pint, then ſtrain it off and put it in again; put in a veal ſweet-bread, firſt being ſtewed with the pheaſant; ſome truffles and morels, ſome livers of fowls, artichoke bottoms, and aſparagus tops, if you have them: let theſe ſimmer in the gravy about five or ſix minutes, add two ſpoonfuls of catchup, two of red wine, and a little piece of butter rolled in flour, with a ſpoonful of browning; ſhake all together, put in your pheaſant, let them ſtew all together, with a few muſhrooms, about five or ſix minutes more; then take up your pheaſant, and pour your ragoo all over, with a few force-meat balls. Garniſh with lemon. You may lard it if you think proper.

PHEASANTS *à-la-Mongelas.* Provide a large pheaſant, cut off the pinions as to roaſt, and make a good force-meat;

meat; put it into your pheaſant and ſpit it, with ſome lards of bacon and paper; take care you roaſt it nicely, and prepare your ſauce as follows:—Take ſome fat livers of turkies or fowls, blanch them till thoroughly done, and pound them to a paſte: add ſome gravy and cullis, mix it well together, and paſs it through a ſieve; cut off the fleſh of the pheaſant, ſlice it very thin and put to it, and preſerve the carcaſe hot; add to your ſauce, which ſhould be about the thickneſs of your cullis, a little pepper, ſalt, ſome minced parſley, and the juice of two or three oranges; and, if you approve of it, you may ſtrip a few morſels of the orange peel in, and ſerve it up with the haſh poured over the breaſt, and garniſh with ſome oranges in quarters.

To ſtew a PHEASANT. Stew your pheaſant in veal gravy; take artichoke bottoms parboiled, ſome cheſnuts roaſted and blanched. When your pheaſant is enough (but it muſt ſtew till there is juſt enough for ſauce, then ſkim it) put in the cheſnuts and artichoke bottoms, a little beaten mace, pepper, and ſalt enough to ſeaſon it, and a glaſs of white wine; if you do not think it thick enough, thicken it with a little piece of butter rolled in flour. Squeeze in a little lemon, pour the ſauce over the pheaſant, and have ſome force-meat balls fried and put into the diſh.

A good fowl will do full as well, truſſed with the head on like a pheaſant. You may fry ſauſages inſtead of force-meat balls.

PHEASANTS *à-l'Italienne.* Cut the livers ſmall. If only one pheaſant is to be dreſt, take but half a dozen oyſters, parboil them, and put them into a ſtewpan, with the liver, a piece of butter, ſome green onions,

and ſome parſley, pepper and ſalt, ſome ſweet herbs, and a little all-ſpice; let them ſtand a very little time over the fire, and ſtuff the pheaſant with them; then put it into a ſtew-pan, with ſome oil, green onions, parſley, ſweet baſil, and lemon juice, for a few minutes; take them off, cover the pheaſant with ſlices of bacon, and put it upon a ſpit; tie ſome paper round it whilſt it is roaſting. Take ſome oyſters, ſtew them a little in their own liquor; put the yolks of four eggs into a ſtew-pan with half a lemon cut in dice, a little beaten pepper and nutmeg, chopped parſley, an anchovy cut ſmall, a glaſs of white wine, a piece of butter, and a little ham cullis: let the ſauce thicken without burning, put in the oyſters, and make the ſauce reliſhing. When the pheaſant is done, lay it in the diſh and pour the ſauce over it.

PICKLING.

The knowledge of pickling is very eſſential in a family, but it is to be lamented that the health of individuals is often endangered, merely to gratify fancy. Things known to be pernicious are frequently made uſe of, to give a brighter colour to the article meant to be pickled. It is indeed a common practice to make uſe of braſs utenſils, that the verdigreaſe extracted from it may give an additional tint to all pickles intended to be green; not conſidering that this is communicating an abſolute poiſon to that which is preparing for food. Such inconſiderate proceedings, it is hoped, will hereafter be avoided, eſpecially as there is no neceſſity for

recourſe to ſuch pernicious means, when theſe articles will become equally green, by keeping them of a proper heat upon the hearth, without the help of braſs or verdigreaſe of any kind. It is therefore highly proper to be very particular in keeping the pickles from ſuch things, and following ſtrictly the directions given with reſpect to all kinds of pickles, which are greened only by pouring your vinegar hot upon them, and it will keep them a long time. Stone jars are moſt proper for all ſorts of pickles, for though they are expenſive in the firſt purchaſe, yet they will, in the end, be found much cheaper than earthen veſſels, through which, it has been found by experience, ſalt and vinegar will penetrate, eſpecially when put in hot. Be careful never to put your fingers in to take the pickles out, as it will ſoon ſpoil them, but always make uſe of a ſpoon upon thoſe occaſions.

Whenever pickles are wanted to look white, you muſt uſe double diſtilled vinegar.

Lemon Pickle. Take twenty-four lemons, grate off the out-rinds very thin, and cut them in four quarters, but leave the bottoms whole; ſtrew on them equally half a pound of bay-ſalt, and ſpread them on a large pewter diſh; either put them in a cool oven, or let them dry gradually by the fire, till all the juice is dried into the peels; then put them into a well glazed pitcher, with an ounce of mace, and half an ounce of cloves beat fine, an ounce of nutmeg cut into thin ſlices, four ounces of garlic peeled, half a pint of muſtard ſeed bruiſed a little, and tied in a muſlin bag; pour two quarts of boiling white wine vinegar upon them, cloſe the pitcher well up, and let it ſtand five or ſix days by the

the fire; ſhake it well up every day, then tie it up, and let ſtand for three months to take off the bitter. When you bottle it, put the pickle and lemon in a hair ſieve, preſs them well to get out the liquor, and let it ſtand till another day, then pour off the fine and bottle it. Let the other ſtand three or four days, and it will refine itſelf: pour it off, and proceed thus till the whole is refined. It may be put into any white ſauce, and will not hurt the colour. It is very good for fiſh-ſauce and made-diſhes: a tea ſpoonful is enough for white, and two for brown ſauce for a fowl. It is a moſt uſeful pickle, and gives a pleaſant flavour. Always put it in before you thicken the ſauce, or put any cream in, leſt the ſharpneſs ſhould make it curdle.

To pickle GHERKINS. Put what quantity of ſmall cucumbers you think fit in a ſtone jar, and take as much ſpring water as will cover them; to every gallon of water put as much ſalt as will make it bear an egg, ſet it on the fire, and let it boil two or three minutes, then pour it on your cucumbers, cover them with a woollen cloth, over that a pewter diſh; tie them down cloſe, and let them ſtand twenty-four hours, then lay them in a cloth, with another over them to dry them: then put them in a jar with a little dill and fennel. To every three quarts of vinegar, one quart of ſpring water, till you have enough to cover them, put in ſome bay ſalt and white. To every gallon of pickle allow one nutmeg cut in quarters, a quarter of an ounce of cloves, a quarter of an ounce of mace, a quarter of an ounce of whole pepper, and a large race of ginger ſliced; boil the vinegar in a bell metal or copper pot, pour it boiling hot on your cucumbers, and cover them.

You are to put the ſpice in the jar with the cucumbers, and boil the vinegar, water, and ſalt, and pour over them. The boiling of your ſpice in all pickles ſpoils them, and loſes the flavour of the ſpice—See alſo CUCUMBERS.

To pickle BEET ROOTS. Boil them tender, peel them, and if agreeable, cut them into ſhapes; pour over them a hot pickle of white wine vinegar, a little pepper, ginger, and horſe-radiſh ſliced. They are a pretty garniſh for made diſhes.

To pickle ONIONS. Peel ſome ſmall onions, and put them into ſalt and water; ſhift them once a day for three days, then ſet them over the fire in milk and water till ready to boil; dry them, pour over them the following pickle when boiled, and cold: Double-diſtilled vinegar, ſalt, mace, and one or two bay-leaves; they will not look white with any other vinegar.

Another way. Take a ſufficient number of the ſmalleſt onions you can get, and put them into ſalt and water for nine days, obſerving to change the water every day: then put them into jars, and pour freſh boiling ſalt and water over them. Let them ſtand cloſe covered till they are cold, then make ſome more ſalt and water, and pour it boiling hot upon them. When it is cold, put your onions into a hair ſieve to drain, then put them into wide-mouthed bottles, and fill them up with diſtilled vinegar. Put into every bottle a ſlice or two of ginger, a blade of mace, and a large tea ſpoonful of eating oil, which will keep the onions white. If you like the taſte of bay-leaf, you may put one or two into every bottle, and as much bay-ſalt as will lie on a ſix-pence: cork them well up.

To pickle NASTURTIUM BUDS. After the bloſſoms are gone off, gather the little knobs, and put them into cold ſalt and water; ſhift them once a day for three ſucceſſive days, then make a cold pickle of white wine vinegar, a little white wine, ſhallot, pepper, cloves, mace, nutmeg quartered, and horſe-radiſh. Put in the buds.

To pickle WALNUTS. Waſh them and put them into a kettle, ſcald them, then rub off the outer ſkin with a piece of flannel, and let them lie till they are quite cold; then throw them into cold water and ſalt, and having lain in it twenty-four hours, ſhift them, repeating this for twelve or fourteen days; then dry them, and put them into a glazed earthen veſſel, layer upon layer: interſperſe with ſpice, whole muſtard ſeed, horſe-radiſh ſliced, ſhallots, and three or four cloves of garlick; or if you think that too ſtrong, as many cloves of ſhallot. This continue till the pot is full; then fill up the pot, or ſo much as will cover them, with boiling hot vinegar, and cover the pot cloſe; the next day pour off the vinegar from them, without diſturbing or diſplacing the walnuts, and ſpices, &c. and boiling it again pour it upon them as before; ſtop them up cloſe, and ſet them by for uſe.

They may be eaten in three weeks or a month, but not ſooner; will grow better and better by being kept a few months.

Another way. Take French walnuts in July, before the ſhell is grown hard, juſt give them a ſcald that the firſt ſkin may rub off; then put them into water and ſalt for nine or ten days, ſhifting them every other day, keep-

keeping them close covered from the air; then dry them, and prepare the pickle as follows:

For half a hundred of large nuts, take two quarts of white wine vinegar, long pepper, black pepper and ginger, of each half an ounce; cloves, mace, and nutmegs, of each a quarter of an ounce; pound the ſpice, and with it a ſpoonful of muſtard ſeed; ſtrew this between every layer of walnuts, and pour the liquor boiling hot upon them three or four times, or oftener, if you find occaſion. Take care to keep them cloſe ſtopped.

To pickle MUSHROOMS. Take the ſmalleſt muſhrooms you can get, and put them into ſpring water, then rub them with a piece of new flannel dipped in ſalt, and put them into cold ſpring water as you rub them to keep their colour; then put them into a ſaucepan, throw a handful of ſalt over them, cover them cloſe, and ſet them over the fire four or five minutes, or till you ſee they are thoroughly hot, and the liquor is drawn out of them; then lay them between two clean cloths till they are cold; put them into glaſs bottles, and fill them up with diſtilled vinegar; put a blade or two of mace, and a tea-ſpoonful of good oil in every bottle; cork them up cloſe, and ſet them in a cool place.

If you have not any diſtilled vinegar, you may uſe white wine vinegar, or even allegar, but it muſt be boiled with a little mace, ſalt, and a few ſlices of ginger; and muſt be cold before you pour it on your muſhrooms. If your vinegar or allegar is too ſharp, it will make your muſhrooms ſoft; neither will they keep ſo long, or appear ſo white.

To

To pickle CAULIFLOWERS. Take the largeſt and cloſeſt you can get; pull them into ſprigs, put them in an earthen diſh, and ſprinkle ſalt over them: let them ſtand twenty-four hours to draw out all the water, then put them in a jar, and pour ſalt and water boiling over them; cover them cloſe, and let them ſtand till the next day; then take them out and lay them on a coarſe cloth to drain; put them into glaſs jars, and put in a nutmeg ſliced, and two or three blades of mace in each jar: cover them with diſtilled vinegar, and tie them down with a bladder, and over that a leather. They will be fit for uſe in a month.

Another way. Take the cloſeſt and whiteſt cauliflowers you can get, pull them in branches, and ſpread them on an earthen diſh, laying ſalt all over them; let them ſtand for three days to bring out all the water, then put them in earthen jars, and pour boiling ſalt and water upon them, and let them ſtand all night; drain them on a hair ſieve, and put them into glaſs jars; fill up your jars with diſtilled vinegar, and tie them cloſe down with leather.

To pickle FRENCH BEANS. Pour boiling-hot wine over your French beans, and cover them cloſe; the next day drain them and dry them; then pour over them a boiling-hot pickle of white wine vinegar, Jamaica pepper, black pepper, a little mace and ginger: repeat this for two or three days, or till the French beans look green.—See BEANS.

To pickle RED CABBAGE. Slice your cabbage croſsways, put it on an earthen diſh, and ſprinkle a handful of ſalt over it; cover it with another diſh, and let it ſtand twenty-four hours, then put it into a cullendar to drain,

drain, and lay it in your jar. Take white wine vinegar enough to cover it, a little cloves, mace, and all-ſpice; put them in whole, with a little cochineal bruiſed fine: then boil it up, and pour it either hot or cold on your cabbage: cover it cloſe with a cloth till it is cold, if you pour on the pickle hot, and then tie it up cloſe, as you do other pickles.

Another way. Take a fine cloſe red cabbage and cut it thin; then take ſome cold allegar, and put to it two or three blades of mace, and a few white pepper-corns; make it pretty ſtrong with ſalt, and put your cabbage into the allegar as you cut it; tie it cloſe down with a bladder, and a paper over that. In a day or two it will be fit for uſe.—See CABBAGE.

Indian PICKLE, *or* PECCADILLO. Quarter a white cabbage and cauliflower; take alſo cucumbers, melons, apples, French beans, plums, all or any of theſe; lay them on a hair ſieve, ſtrew over a large handful of ſalt, ſet them in the ſun for three or four days, or till very dry: put them into a ſtone jar with the following pickle: Put a pound of race ginger into ſalt and water, the next day ſcrape and ſlice it, ſalt it, and dry it in the ſun; ſlice, ſalt, and dry a pound of garlic; put theſe into a gallon of vinegar, with two ounces of long pepper, half an ounce of turmeric, and four ounces of muſtard ſeed bruiſed; ſtop the pickle cloſe, then prepare the cabbage, &c. If the fruit is put in, it muſt be green.

The jar need not ever be emptied, but put in the things as they come into ſeaſon, adding freſh vinegar.

To pickle SAMPHIRE. Take the ſamphire that is green, put it into a clean pan, and throw over it two or three handfuls of ſalt; then cover it with ſpring water:

let

let it lie twenty-four hours, then put it into a clean ſaucepan, throw in a handful of ſalt, and cover it with good vinegar: cover the pan cloſe and ſet it over a ſlow fire. Let it ſtand till it is juſt green and criſp, and then take it off at that moment; for if it ſhould remain till it is ſoft, it will be ſpoiled: put it in your pickling-pot, and cover it cloſe. As ſoon as it is cold, tie it down with a bladder and leather, and keep it for uſe. Or you may keep it all the year in a very ſtrong brine of ſalt and water, and throw it into vinegar juſt before you uſe it.—See likewiſe the articles, ARTICHOKES, CAPERS, and CUCUMBERS.

PIES.

All raiſed pies ſhould have a quick oven, and be well cloſed, or they will fall in the ſides; nor ſhould any water be put into them, until immediately before you bake them; as, beſides giving it a ſodden appearance, it would likely occaſion the paſte to run. Light paſte requires a moderate oven; too ſlow a one makes it look heavy; and a quick oven burns, without giving it time to riſe.

Ingredients for ſweet PIES. The meat, fiſh, or fowls, ſpice, balls, citron, lemon and orange peel candied, Spaniſh potatoes, ſkirrits, raiſins, currants, grapes, damſons, gooſeberries, ſugar, and a caudle.

Ingredients for ſavoury PIES. The meat, fiſh, or fowls, ſpice, balls, bacon, lambs-ſtones, ſhivered palates,

cocks-combs and ſtones, oyſters, artichoke bottoms, muſhrooms, truffles, and a lear.

An Apple PIE. Scald about a dozen apples very tender, and take off the ſkin, then take the pulp of them and put to it twelve eggs, but ſix whites, beat them very well, and take the crumb of a penny loaf grated, ſugar it to your taſte, and put a quarter of a pound of butter melted, mix them together and bake them in a diſh; butter your diſh, and mind that the oven is not too hot.—See APPLES.—You may make a pear pie in the above manner, or according to the recipe, vol. I. p. 17; but omit the quince in the latter way.

An Artichoke PIE. Boil twelve artichoke bottoms tender, boil the yolks of twelve eggs hard; three ounces of candied orange, lemon, and citron peel, half a pound of raiſins ſtoned, ſome grated nutmeg, a blade of mace, and a quarter of a pound of ſugar; put theſe into your pie with half a pound of butter, obſerving to lay the ſweetmeats uppermoſt; when it comes out of the oven, put in half a pint of cream and as much ſack.

A Beaf-ſteak PIE. Take four or five rump ſteaks, beat them very well with a paſte-pin, ſeaſon them with pepper and ſalt, lay a good puff-paſte round the diſh, and put a little water in the bottom; then lay the ſteaks in, with a lump of butter upon every ſteak, and put on the lid. Cut a little paſte in what form you pleaſe, and lay it on.

A Bride's PIE. Having boiled two calves feet, take the meat from the bones, and chop it very ſmall; take a pound of beef ſuet and a pound of apples, ſhred them ſmall, waſh and pick one pound of currants, dry them before

before the fire, ſtone and chop a quarter of a pound of jar raiſins, a quarter of an ounce of cinnamon, the ſame quantity of mace and nutmeg, two ounces of candied citron, the ſame of lemon cut thin, a glaſs of brandy, and one of champagne; put them in a china diſh, with a rich puff-paſte over it; roll another lid, and cut it in leaves, flowers, figures, &c.

A Calf's foot PIE. Put your calves feet into a ſauce-pan, with three quarts of water, and three or four blades of mace; let them boil ſoftly till there is about a pint and a half: then take out the feet, ſtrain the liquor, and make a good cruſt. Cover your diſh, then pick off the fleſh from the bones, and lay half in the diſh: ſtrew over it half a pound of currants, clean waſhed and picked, and half a pound of raiſins ſtoned; then lay on the reſt of the meat; ſkim the liquor, ſweeten it to your taſte, and put in half a pint of white wine; pour all into the diſh, put on your lid, and bake it an hour and a half.

A Trennill PIE. Take a trennill of a good fat calf, open and waſh it in many waters very clean, let it lie all night in ſalt, and boil it till it is tender; then ſhred it as ſmall as minced pie meat, and ſeaſon it with Jamaica pepper and ſalt; take prunes, raiſins, currants, and ſugar, of each half a pound; pick the currants, ſtone the raiſins and prunes, cut and mix them all together.

A Calf's-head PIE. Take a calf's head and parboil it; when it is cold, cut it in pieces, and ſeaſon it well with pepper and ſalt: put it in a raiſed cruſt, with half a pint of ſtrong gravy; let it bake an hour and a half.

When it comes out of the oven, cut off the lid, and chop the yolks of three hard eggs ſmall; ſtrew them over the top of the pie, lay on three or four ſlices of lemon, and pour on ſome melted butter. Send it to table without a lid.

Another. Parboil half a calf's head, then cut it into thin ſlices; ſeaſon with pepper and ſalt; lay it in a cruſt with a little good gravy, ſome force-meat balls, and the yolks of eggs boiled hard; bake it about an hour and a half, and then cut off the lid: thicken ſome good gravy with a little flour, add ſome oyſters, and ſerve it without a lid. You may indeed, if you chooſe it, ſerve it with the lid on.

A Cherry PIE. Make a good cruſt, lay a little of it round the ſides of your diſh, and throw ſugar at the bottom; then lay in your fruit, and ſome ſugar at the top. Some red currants added to the cherries are a great improvement. Then put on your lid, and bake it in a ſlack oven.

A plum pie, or a gooſeberry pie, may be made in the ſame manner.

A ſavoury Chicken PIE. Procure ſome ſmall chickens, ſeaſon them with mace, pepper, and ſalt: put a lump of butter into each of them, lay them in the diſh with the breaſts up, and put a thin ſlice of bacon over them, it will give them a pleaſant flavour; then put in a pint of ſtrong gravy, and make a good puff-paſte; lid it, and bake it in a moderate oven. French cooks uſually add morells and yolks of eggs chopped ſmall.

A rich Chicken PIE. Cover the bottom of the diſh with a puff-paſte, and upon that, round the ſide, lay a thin

thin layer of force-meat; cut two ſmall chickens into pieces, ſeaſon them high with pepper and ſalt; put ſome of the pieces into the diſh, then a ſweetbread or two, cut into pieces and well ſeaſoned, a few truffles and morels, ſome artichoke bottoms, cut each into four pieces, then the remainder of the chickens, ſome force-meat balls, yolks of eggs boiled hard, chopped a little, and ſtrewed over the top, a little water; cover the pie: when it comes from the oven, pour in a rich gravy, thickened with a little flour and butter. To make the pie ſtill richer, freſh muſhrooms, aſparagus tops, and cocks-combs may be added.

The chickens are ſometimes larded with bacon, and ſtuffed with ſweet herbs, pepper, nutmeg, and mace: you ſhould then only ſlit them down, and lay them in the pie.

Codling PIE.—See APPLE.

A Devonſhire Squab PIE. Cover the diſh with a good cruſt, put at the bottom a layer of ſliced pippins, then a layer of mutton-ſteaks cut from the loin, well ſeaſoned with pepper and ſalt, then another layer of pippins; peel ſome onions, and ſlice them thin, lay a layer all over the apples, then a layer of mutton, then pippins and onions; pour in a pint of water, cloſe your pie, and bake it.

A Duck PIE. Take two ducks, ſcald them, and make them very clean; cut off the feet, the pinions, the neck, and head, pick them all clean, and ſcald them. Pick out the fat of the inſide, lay a good puff-paſte cruſt all over your diſh, ſeaſon the ducks both inſide and out with

with pepper and ſalt, and lay them in your diſh, with the giblets at each end properly ſeaſoned: put in as much water as will almoſt fill the pie, and lay on the cruſt.

An Eel PIE. Having cut your eels in pieces, ſeaſon them with pepper and ſalt, and a very little dried ſage; put them into a puff-paſte, fill the pie with water, and butter it well.

Another. After ſkinning and waſhing your eels, cut them in pieces of about an inch and a half long, ſeaſon them with pepper, ſalt, and a little dried ſage rubbed ſmall; raiſe your pies about the ſize of the inſide of a plate, fill your pies with eels, lay a lid over them, and bake them in a quick oven. They require to be well baked.

A French PIE. Lay a puff-paſte half an inch thick at the bottom of a deep diſh; lay a force-meat round the ſides of the diſh; cut ſome ſweetbreads in pieces, three or four, according to the ſize the pie is intended to be made; lay them in firſt, then ſome artichoke bottoms, cut into four pieces each, then ſome cocks-combs, (or they may be omitted) a few truffles and morels, ſome aſparagus tops, and freſh muſhrooms, if to be had, yolks of eggs boiled hard, and force-meat balls; ſeaſon with pepper and ſalt. Almoſt fill the pie with water, cover it, and bake it two hours: when it comes from the oven, pour in ſome rich veal gravy, thickened with a very little cream and flour.

A plain Gooſe PIE. Quarter your gooſe, ſeaſon it well, and lay it in a raiſed cruſt; cut half a pound of butter

butter into pieces, and put it on the top; lay on the lid, and bake it gently.

A rich Gooſe PIE. Take a gooſe and a fowl, bone them, and ſeaſon them well; put the fowl into the gooſe, and ſome force-meat into the fowl; put theſe into a raiſed cruſt, and fill the corners with a little force-meat; lay half a pound of butter on the top, cut into pieces; cover it, and let it be well baked.

Gooſe pie is eaten cold.

A good Gooſe PIE. Make the walls of a gooſe pie with about half a peck of flour, raiſe your cruſt juſt big enough to hold your gooſe; firſt have a pickled dried tongue, boiled tender enough to peel, cut off the root, bone the gooſe and a large fowl, take half a quarter of an ounce of mace beat fine, three tea-ſpoonfuls of ſalt, a tea-ſpoonful of beaten pepper, and mix all together, ſeaſon your fowl and gooſe with it, then lay your fowl in the gooſe, and the tongue in the fowl, and the gooſe in the ſame form as if whole: put half a pound of butter on the top, and lay on the lid. This pie is delicious either hot or cold, and will keep a great while. A ſlice of this pie makes a pretty ſide-diſh for ſupper.

A Giblet PIE. Let two pair of giblets be nicely cleaned, put all but the livers into a ſaucepan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of ſweet herbs, and a large onion; cover them cloſe, and let them ſtew very ſoftly till they are quite tender; then have a good cruſt ready, cover your diſh, lay a fine rump ſteak at the bottom, ſeaſoned with pepper and ſalt; then lay in your giblets with the livers, and ſtrain the liquor they were ſtewed

in. Seaſon it with ſalt, and put into your pie; put on the lid, and bake it an hour and a half.

A Ham PIE. Bone the ham, and trim it properly; in the trimming take care to cut off all the ruſty fat or lean, till you come to the wholeſome-looking fleſh: if an old ham, ſoak it twenty-four hours; if freſh, ſix or eight hours; then braze it with ſlices of beef, ſlices of bacon, ſome butter, and hog's lard, a large faggot of ſweet herbs, all ſorts of roots, and whole pepper; braze it till three parts done; then let it cool, and put it in a raiſed paſte, with the liquid, and a gill of brandy; bake it an hour, and let it cool before uſing. If it is to be ſerved hot, ſkim off the fat very clean, and ſerve with a reliſhing cullis ſauce, without ſalt.

A Hare PIE. Cut your hare in pieces, and ſeaſon it well with pepper, ſalt, nutmeg, and mace; then put it in a jug with half a pound of butter; cover it cloſe up with a paſte or cloth, ſet it in a copper of boiling water, and let it ſtew an hour and a half; then take it out to cool, and make a rich force-meat, of a quarter of a pound of ſcraped bacon, two onions, a glaſs of red wine, the crumb of a penny loaf, a little winter ſavoury, the liver cut ſmall, a little nutmeg, ſeaſon it high with pepper and ſalt; mix it well up with the yolks of three eggs, raiſe the pie, and lay the force-meat in the bottom; lay in the hare, with the gravy that came out of it; lay the lid on, and put flowers or leaves on it: bake it an hour and half. It is a very handſome ſide-diſh for a large table.

An Herb PIE *for Lent.* Take an equal quantity of ſpinach, lettuce, leeks, beets, and parſley, about a hand-

handful of each; boil them, and chop them ſmall. Have ready boiled in a cloth, a quart of groats, with two or three onions among them; put them and the herbs into a frying-pan, with a pretty large quantity of ſalt, a pound of butter, and ſome apples cut thin; ſtew them a few minutes over the fire, fill your diſh or raiſed cruſt with it; bake it an hour, and ſerve it up.

A Lobſter PIE. Boil two lobſters, and take the meat out of the ſhells; ſeaſon them with pepper, mace, and nutmeg, beat fine; bruiſe the bodies, and mix them with ſome oyſters, if in ſeaſon; cut fine a ſmall onion, and a little parſley, and add a little grated bread; ſeaſon with a little ſalt, pepper, ſpice, and the yolks of two raw eggs; make this into balls, then make ſome good puff-paſte, butter the diſh, lay in the tails, claws, and balls; cover them with butter, pour in a little fiſh gravy, and cover the pie. Have a little fiſh gravy ready to put into it when it is taken out of the oven.

Mince PIES. Shred three pounds of ſuet very fine, and chop it as ſmall as poſſible; take two pounds of raiſins ſtoned and chopped very fine, the ſame quantity of currants, nicely picked, waſhed, rubbed, and dried at the fire. Pare half a hundred of fine pippins, core them, and chop them ſmall; take half a pound of fine ſugar, and pound it fine, a quarter of an ounce of mace, a quarter of an ounce of cloves, and two large nutmegs, all beat fine; put all together into a large pan, and mix it well together with half a pint of brandy, and half a pint of ſack; put it down cloſe in a ſtone pot, and it will keep good three or four months. When you make your pies, take a little diſh, ſomewhat larger

than a ſoup-plate, lay a very thin cruſt all over it, lay a thin layer of meat, and then a thin layer of citron, cut very thin, then a layer of mince-meat, and a layer of orange-peel cut thin, over that a little meat, ſqueeze half the juice of a fine Seville orange or lemon, lay on your cruſt, and bake it nicely. Theſe pies eat very fine cold. If you make them in little patties, mix your meat and ſweet-meats accordingly. If you chooſe meat in your pies, parboil a neat's tongue, peel it, and chop the meat as fine as poſſible, and mix with the reſt; or two pounds of the inſide of a ſirloin of beef boiled. But when you uſe meat, the quantity of fruit muſt be doubled.

Another way. Take a neat's tongue, and boil it two hours, then ſkin it, and chop it exceedingly ſmall: chop very ſmall three pounds of beef ſuet, three pounds of good baking apples, four pounds of currants clean waſhed, picked, and well dried before the fire, a pound of jar raiſins ſtoned and chopped ſmall, and a pound of powder ſugar; mix them all together with half an ounce of mace, as much nutmeg, a quarter of an ounce of cloves, a quarter of an ounce of cinnamon, and a pint of French brandy. Make a rich puff-paſte, and as you fill up the pie, put in a little candied citron and orange, cut in little pieces. What mince-meat you have to ſpare put cloſe down in a pot, and cover it up; but never put any citron or orange to it till you uſe it.

Another ſort of minced PIES. Take a pound of calves feet ſhred very ſmall, with two pounds of beef ſuet, but all the ſkin muſt be taken from it; add two pounds of currants clean picked and waſhed, a pound of prunes

ſcalded,

ſcalded, ſtoned, and cut ſmall, half a pound of apple-pulp, a pound of almonds blanched and beat to a paſte, half a pound of lemon-peel cut ſmall, half a pound of moiſt ſugar, of red wine and ſack each half a gill; ſeaſon to your taſte with an equal quantity of cinnamon, mace, nutmeg, and cloves; mix all well together, and bake as you need the pies.

Another way to make minced PIES. Take a pound of the fatteſt beef, and two pounds of the kidney ſuet, ſhred them together till both are ſo ſmall as you cannot perceive the leaſt bit of the beef, only as it gives a carnation colour to the ſuet; then add two pounds of well-picked currants, a pound of ſtoned raiſins, and half a pound of prunes ſcalded, ſtoned, and cut ſmall with the raiſins; ſeaſon with the above-named ſeaſonings; alſo the wine, ſack, and the above quantity of ſugar, with four ounces of lemon, and three ounces of citron-peel cut ſmall, and to be all well mixed together.

Mutton and Lamb PIE. Take off the ſkin and inſide fat of a loin of mutton, cut it into ſteaks, ſeaſon them well with pepper and ſalt; almoſt fill the diſh with water; put puff-paſte top and bottom; bake it well.

A ſavoury Lamb PIE. Having ſeaſoned your lamb with ſalt, pepper, cloves, mace, and nutmeg, put it into your cruſt, with a few ſweet-breads and lamb ſtones ſeaſoned as your lamb; alſo ſome large oyſters, and ſavoury force-meat balls, hard yolks of eggs, and the tops of aſparagus two inches long, firſt boiled green, then put butter all over the pie and lid it, and let it in a quick oven an hour and a half; then make a lear with oyſter liquor, as much gravy, a little claret with one anchovy in it and a grated nutmeg. Let theſe have a

boil, thicken it with the yolks of two or three eggs, and when the pie is baked enough put it in.

An Olive Pie. Take a fillet of veal, cut it in thin ſlices, rub the ſlices over with yolks of eggs; ſtrew over them a few crumbs of bread; ſhred a little lemon peel very fine, and put it on them, with a little grated nutmeg, pepper and ſalt; roll them up very tight, and lay them in a pewter diſh; pour over them half a pint of good gravy made of bones, put half a pound of butter over it, make a light paſte, and lay it round the diſh; roll the lid half an inch thick, and lay it on.

A beef olive pie may be made the ſame way.

A Partridge Pie. Singe, draw, and truſs your partridges as for boiling, flatten the breaſt bones, and make a force-meat with the livers, a piece of butter or ſcraped lard, pepper, ſalt, chopped parſley, ſhallots, winter ſavoury, thyme, and ſweet marjoram; ſtuff the partridges with this, and fry them a little in butter; then put them in a raiſed cruſt, upon ſlices of veal, well ſeaſoned; finiſh it as all others. When done, if it is to ſerve up hot, add a reliſhing ſauce; if cold, add ſome good jelly broth before it is quite cold.

A Pigeon Pie. Cover your diſh with a puff-paſte cruſt, let your pigeons be very nicely picked and cleaned, ſeaſon them with pepper and ſalt, and put a good piece of freſh butter, with pepper and ſalt, in their bellies; lay them in your pan; the necks, gizzards, livers, pinions, and hearts, lay between, with the yolk of a hard egg, and beef-ſteak in the middle; put in as much water as will almoſt fill the diſh, lay on the top cruſt, and bake it well. This is a very good way to make a pigeon pie; but ſome French cooks fill

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the pigeons with a very high force-meat, and lay force-meat balls round the inſide, with aſparagus tops, artichoke bottoms, muſhrooms, truffles, and morels, and ſeaſon high.

A Cheſhire Pork PIE. Having ſkinned a loin of pork, cut it into ſteaks; ſeaſon it with ſalt, nutmeg, and pepper; make a good cruſt, lay a layer of pork, then a layer of pippins, pared and cored, and a little ſugar, enough to ſweeten the pie, and then a layer of pork; put in half a pint of white wine, lay ſome butter on the top, and cloſe your pie; if it be large, it will require a pint of white wine.

A Rook PIE. Take half a dozen young rooks, ſkin them and draw them, cut out the back bones, ſeaſon them well with pepper and ſalt, and lay them in a deep diſh, with a quarter of a pint of water; lay half a pound of butter over them; make a good puff-paſte, and cover the diſh; lay a paper over. It requires to be well baked.

A Rabbit PIE. Cut a couple of young rabbits into quarters; take a quarter of a pound of bacon, and bruiſe it to pieces in a marble mortar, with the livers, ſome pepper, ſalt, a little mace, and ſome parſley cut ſmall, ſome chives, and a few leaves of ſweet baſil; when theſe are all beaten fine, make the paſte, and cover the bottom of the pie with the ſeaſoning, then put in the rabbits; pound ſome more bacon in a mortar, mix with it ſome freſh butter, and cover the rabbits with it, and over that lay ſome thin ſlices of bacon; put on the lid, and ſend it to the oven. It will require two hours baking. When done, take off the lid, take out the bacon, and ſkim off the fat. If there is not gravy enough

enough in the pie, pour in ſome rich mutton or veal gravy, boiling hot.

A Salmon Pie. Lard your ſalmon with eel and anchovies, ſoaked and ſeaſoned with ſpices and ſweet herbs chopped; put it in a raiſed cruſt or puff-paſte, as you think proper; put butter under and over, with ſome of the ſame ſeaſoning.

Pikes, eels, or any other kind of fiſh, may be dreſſed in pies after the ſame manner. Make all pies of this ſort pretty reliſhing with lemon: you may alſo make it without larding it, as above.

Another. Boil your ſalmon as if you intended it for eating; take the ſkin off, and all the bones out; pound the meat in a mortar very fine, with mace, nutmeg, pepper, and ſalt, to your taſte; raiſe the pie, and put flowers or leaves on the walls; put in the ſalmon and lid it; let it bake an hour and a half. When done, take off the lid, and put in a quarter of a pound of rich melted butter; cut a lemon in ſlices, and lay over it; ſtick in two or three leaves of fennel, and ſend it to table without a lid.

A Sole Pie. Make a good cruſt, cover your diſh, boil two pounds of eels tender, pick the fleſh from the bones, put the bones into the liquor the eels were boiled in, with a blade of mace and ſalt; let them boil till there is only a quarter of a pint of liquor, then ſtrain it; cut the fleſh of the eel very fine, with a little lemon-peel cut ſmall, a little ſalt, pepper, and nutmeg, a few crumbs of grated bread, parſley cut fine, and an anchovy. Mix a quarter of a pound of butter, and lay it in the diſh; cut the meat from a pair of large ſoles, and

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take off the fins, lay it on the force-meat, then pour in the liquor the eels were boiled in, and close the pie.

Tunbot pie may be made in the same manner.

A Sucking-pig PIE. Bone the pig thoroughly, lard the legs and shoulders with bacon, seasoned with spices, and sweet herbs chopped; put it in a raised crust of its own length; season it with spices, sweet herbs chopped, and a pound of butter or scraped bacon; cover it over with thin slices of bacon: finish the pie, and bake it about three hours. When near done, add two glasses of brandy; let it be cold before using.

A rich Veal PIE. Cut veal steaks either from a neck, a breast, a fillet, or a loin; season them with pepper, salt, nutmeg, and a very small quantity of pounded cloves; slice two sweetbreads, season them in the same manner; lay puff-paste round the dish half an inch thick; then the meat, yolks of eggs boiled hard, and oysters at the top, fill it with water, cover it. When taken from the oven, pour in at the top, through a funnel, some good boiled gravy, thickened with a little cream and flour, and boiled up.

A sweet Veal, or Lamb PIE. Cut your veal or lamb into little pieces, season it with pepper, salt, cloves, mace, and nutmeg, beat fine. Make a good puff-paste crust, lay it in your dish, then lay in your meat, and strew on it some stoned raisins and currants clean washed, and some sugar; then lay on it some force-meat balls made sweet, and in the summer some artichoke bottoms boiled; and in the winter scalded grapes. Boil Spanish potatoes cut in pieces, candied citron, candied orange, lemon-peel, and three or four blades of mace; put

butter on the top, cloſe up your pie, and bake it; have ready, when it comes from the oven, a caudle made as follows: Take a pint of white wine, and mix in the yolks of three eggs; ſtir it well together over the fire one way all the time, till it is thick; then take it off, ſtir in ſugar enough to ſweeten it, and ſqueeze in the juice of a lemon; put it hot into your pie, and cloſe it up again. Send your pie hot to table.

A ſavoury Veal PIE. Seaſon the ſteaks of a loin of veal with pepper, ſalt, beaten mace, and nutmeg; put the meat in a diſh with ſweetbreads ſeaſoned with the meat, and the yolks of ſix hard eggs, a pint of oyſters, and half that quantity of good gravy; lay a puff-paſte, of half an inch thick, round your diſh, and cover it with a lid of the ſame thickneſs; bake it an hour and a quarter in a quick oven; when done, cut off the lid, cut the lid into eight or ten pieces, and ſtick it round the inſide of the rim; cover the meat with ſlices of lemon, and ſerve it up.

A Vermicelli PIE. Seaſon four pigeons with a little pepper and ſalt, ſtuff them with a piece of butter, a few crumbs of bread, and a little parſley cut ſmall; butter a deep earthen diſh well, and then cover the bottom of it with two ounces of vermicelli. Make a puff-paſte, roll it pretty thick, and lay it on the diſh; then lay in the pigeons, the breaſts downwards; put a thick lid on the pie, and bake it in a moderate oven. When it is enough, take a diſh proper for it to be ſent to table in, and turn the pie on it: the vermicelli is then on the top, and looks very pretty.

PIGS.

PIGS.

To roaſt a PIG. Stick your your pig juſt above the breaſt-bone, running your knife to the heart; when it is dead, put it in cold water for a few minutes, then rub it over with a little roſin beat exceeding fine and its own blood; put your pig into a pail of ſcalding water half a minute; take it out, lay it on a clean table, pull off the hair as quick as poſſible; if it does not come clean off, put it in again: when you have got it all clean off, waſh it in warm water, then in two or three cold waters, for fear the roſin ſhould taſte: take off the fore feet at the firſt joint, make a ſlit down the belly, and take out all the entrails; put the liver, heart, and lights to the pettitoes; waſh it well out of cold water, dry it exceedingly well with a cloth, hang it up, and when you roaſt it, put in a little ſhred ſage, a tea-ſpoonful of black pepper, two of ſalt, and a cruſt of brown bread; ſpit your pig, and ſew it up; lay it down to a briſk clear fire, with a pig-plate hung in the middle of the fire. When your pig is warm, put a lump of butter in a cloth, and rub your pig often with it while it is roaſting. A large one will take an hour and a half. When your pig is a fine brown, and the ſteam draws near the fire, take a clean cloth, rub your pig quite dry, then rub it well with a little cold butter, it will help to criſp it; then take a ſharp knife, cut off the head, and take off the collar; then take off the ears and jaw-bone, ſplit the jaw in two: when you have cut the pig down the back, which muſt be done before you draw the ſpit out, then lay your pig back to back on your diſh, and

the jaw on each ſide, the ears on each ſhoulder, and the collar at the ſhoulder, and pour in your ſauce, and ſerve it up. Garniſh with a cruſt of brown bread grated.

Another way. The pig being prepared, as above, ſpit it, and lay it to the fire, which muſt be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay it down to the fire, ſhred a little ſage very ſmall, take a piece of butter as big as a walnut, and a little ſalt and pepper, put this into the pig, and ſew it up ſtrongly; then flour it all over, and continue to do ſo till the eyes drop out, or the crackling will be hard. Take care to ſave all the gravy that comes from it, and for this purpoſe put a large baſon or pan in the dripping-pan, as ſoon as the gravy begins to run. When the pig is enough, ſtir up the fire briſkly, take a coarſe cloth, with about a quarter of a pound of butter in it, and rub the pig all over till the crackling is quite criſp, when it muſt be taken up. Lay it in the diſh, and cut off the head with a ſharp knife, and, before you draw out the ſpit, cut the pig in two: cut off the ears, and lay one at each end; divide the under jaw, and diſpoſe of them in the ſame manner: put the gravy you ſaved into ſome melted butter, and boil them; pour it into the diſh, with the brains bruiſed fine, and the ſage, mixed all together, and ſerve it up.

Another way. Chop ſome ſage and onion very fine, a few crumbs of bread, a little butter, pepper, and ſalt, rolled up together; put it into the belly, and ſew it up, before you lay down the pig; rub it all over with ſweet oil. When it is done, take a dry cloth and wipe it; then

then take it into a diſh, cut it up, and ſend it to table with the ſame ſauce as above.

Another way. Stick the pig in the throat, as deep as the heart, that it may bleed well, and die the ſooner, as it makes it eaſier to ſcald. When the water is pretty warm put the pig in it, holding it by the hind legs; when you find the briſtles come off the tail by rubbing, take it out, and rub it with a little roſin, then hard with the hand. When it is well ſcalded, waſh it clean, and cut it open while warm; take all out except the kidneys, truſs it with three ſkewers, one in the hind leg, one in the fore, and one in the middle: put into it a faggot of parſley, ſhallots, thyme, laurel, with pepper and ſalt, and wipe it very dry before ſpitting; cut the ſkin a little near the neck, and alſo near the rump, to hinder it from breaking in roaſting. When it begins to be warm, rub it all over pretty often with oil, which will make the ſkin very criſp. Take out the faggot when you ſerve it up.

To roaſt the Hind-quarter of a PIG *Lamb-faſhion.* At the time of the year when houſe-lamb is very dear, take the hind-quarter of a large roaſting pig, take off the ſkin, and roaſt it, and it will eat like lamb, with mint ſauce, or with a ſallad or Seville orange. Half an hour will roaſt it.

To make ſauce for a PIG. Chop the brains a little, then put in a tea-cupful of white gravy with the gravy that runs out of the pig, and a little bit of anchovy; mix near half a pound of butter with as much flour as will thicken the gravy, a ſlice of lemon, a ſpoonful of white wine, a little caper liquor and ſalt; ſhake it over the fire, and pour it into your diſh. Some like currants;

rants; boil a few, and ſend them in a tea-ſaucer, with a glaſs of currant jelly in the middle of it.

Different ſorts of Sauce for a PIG. Nothing ſhews the variety of taſtes more than the ſeveral ways of making ſauce for a pig; ſome do not love any ſage in the pig, only a cruſt of bread; but then you ſhould have a little dried ſage rubbed and mixed with the gravy and butter. Some love bread ſauce in a baſon, made thus:—Take a pint of water, put in a good piece of crumb of bread, a blade of mace, and a little whole pepper; boil it for about five or ſix minutes, and then pour the water off: take out the ſpice, and beat up the bread with a good piece of butter, and a little milk or cream: ſome love a few currants boiled in it, a glaſs of wine, and a little ſugar; but that you muſt do juſt as you like it. Others take half a pint of good beef gravy, and the gravy which comes out of the pig, with a piece of butter rolled in flour, two ſpoonfuls of catchup, and boil them all together; then take the brains of the pig and bruiſe them fine; put all theſe together, with the ſage in the pig, and pour into your diſh: it is a very good ſauce. When you have not gravy enough comes out of your pig, with the butter, for ſauce, take about half a pint of veal gravy and add to it; or ſtew the pettitoes, and take as much of that liquor as will do for ſauce, mixed with the other. Some like the ſauce ſent in a boat or baſon.

A Sham PIG. Boil and peel as many potatoes as will be the bulk of a little pig, which you muſt take while they are hot, and beat a quarter of a pound of butter in them, break ſix eggs (leaving out the whites of four) very well, and mix with the potatoes; add to them ſugar, nutmeg, and ſalt, to your taſte: let them ſtand

to

to cool, and then make it up in the form of a roaſted pig; make a ſkin to cover it of paſte as for a ſtanding pie; let it have head, ears, and mouth, in the form of a roaſted pig; let it be ſet in an oven and baked brown: then take a little clarified butter, and a few clean feathers, dip their ends in the butter, and whiſk all the pig with it, juſt as it is taken out of the oven; this will make the paſte ſhine as a natural pig's ſkin. For ſauce, have melted butter, ſugar, and red wine; then ſerve it up.

To barbecue a PIG. Dreſs a pig of nine or ten weeks old as if it were to be roaſted; make a force-meat of two anchovies, ſix ſage leaves, and the liver of the pig, all chopped very ſmall; then put them into a marble mortar, with the crumb of half a penny loaf, four ounces of butter, half a tea-ſpoonful of kyan pepper, and half a pint of red wine; beat them all together to a paſte, put it in your pig's belly, and ſew it up; lay your pig down at a good diſtance before a large briſk fire, ſinge it well, put in your dripping-pan three bottles of red wine, baſte it with the wine all the time it is roaſting: when it is half roaſted, put under your pig two penny loaves; if you have not wine enough, put in more. When your pig is near enough, take the loaves and ſauce out of your dripping-pan, put to the ſauce one anchovy chopped ſmall, a bundle of ſweet herbs, and half a lemon; boil it a few minutes, then draw your pig, put a ſmall lemon or apple in the pig's mouth, and a leaf on each ſide; ſtrain your ſauce, and pour it on them boiling hot; lay barberries and ſlices of lemon round it, and ſend it up whole to table: it is a grand bottom diſh. It will take four hours roaſting.

Some variations may be made from the above recipe, either as the judgement of the cook, or the taſte of her employer may determine. Madeira is ſometimes choſen in preference to red wine. A pig of ſix or ſeven months old may be barbecued as above, and ſtuck over with blanched almonds; but is generally baſted with Madeira.

To dreſs a PIG *au Pere Duillet.* Cut off the head, and divide it into quarters; lard them with bacon, ſeaſon them with mace, cloves, pepper, nutmeg, and ſalt: lay a layer of fat bacon at the bottom of a kettle, lay the head in the middle, and the quarters round; then put in a bay-leaf, an onion ſliced, lemon, carrots, parſnips, parſley, and chives; cover it again with bacon; put in a quart of broth, ſtew it over the fire for an hour, and then take it up. Put your pig into a ſtewpan or kettle, pour in a bottle of white wine, cover it cloſe, and let it ſtew for an hour very ſoftly. If you would ſerve it cold, let it ſtand till it is cold, then drain it well, and wipe it that it may look white, and lay it in a diſh with the head in the middle and the quarters round, then throw ſome green parſley all over: or any one of the quarters is a pretty little diſh, laid on water creſſes. If you would have it hot, whilſt your pig is ſtewing in the wine, take the firſt gravy it was ſtewed in, and ſtrain it, ſkim off all the fat, then take a ſweetbread cut into five or ſix ſlices, ſome truffles, morels, and muſhrooms; ſtew all together till they are enough, thicken it with the yolks of two eggs, or a piece of butter rolled in flour; and when your pig is enough, take it out and lay it in your diſh; put the wine it was

ſtewed

ſtewed in into the ragoo, then pour all over the pig, and garniſh with lemon.

A PIG *Matelot.* Gut and ſcald your pig, cut off the head and pettitoes, then cut your pig in four quarters, put them, with the head and toes, into cold water; cover the bottom of a ſtewpan with ſlices of bacon, and place over them the ſaid quarters, with the pettitoes and the head cut in two: ſeaſon the whole with pepper, ſalt, thyme, bay-leaf, an onion, and a bottle of white wine; lay over more ſlices of bacon, put over it a quart of water, and let it boil. Take two large eels, ſkin and gut them, and cut them about five or ſix inches long. When your pig is half done, put in your eels, then boil a dozen of large craw-fiſh, cut off the claws, and take off the ſhells of the tails; and when the pig and eels are enough, lay firſt your pig and the pettitoes round it, but do not put in the head (it will be a pretty diſh cold), then lay your eels and craw-fiſh over them, and take the liquor they were ſtewed in, ſkim off all the fat, then add to it half a pint of ſtrong gravy, thickened with a little piece of butter rolled in flour, and a ſpoonful of browning, and pour over it; then garniſh with craw-fiſh and lemon. This will do for a firſt courſe, or remove. Fry the brains and lay round, and all over the diſh.

Collared PIG. When the pig is ſcalded, &c. cut off the head and feet, and bone it without cutting the ſkin; cut ſome of the fleſh to chop with beef ſuet, pepper and ſalt, four or five yolks of eggs, chopped parſley, muſhrooms, ham and bacon, truffles, piſtachio nuts, a few ſweet almonds, and hard yolks of eggs, bread crumbs ſoaked in cream; lay a layer of this force-meat upon

upon the pig, then thin ſlices of ham and ſlices of pig's fleſh, and ſo on till all is uſed; roll it up in the ſkin, and tie it very tight in a cloth or roller, with or without ſlices of lard round it; boil it in broth, with a pint of white wine, a faggot of ſweet herbs, three cloves, and three bay leaves; boil it about an hour and a half on a ſlow fire: when done, let it cool in the breeze. Serve cold, whole or ſliced.

N. B. In this, as in moſt other recipes, ſome of the above articles are hard to be got at all times, and ſometimes diſliked by the eaters. To obviate which, it is left to the judgement of the cook to add or diminiſh as he or ſhe ſhall ſee neceſſary.

Another way. Kill a fine young roaſting pig, dreſs off the hair and draw it, and waſh it clean; rip it open from one end to the other, and take out all the bones; rub it all over with pepper and ſalt, a little cloves and mace beaten fine, ſix ſage leaves and ſweet herbs chopped ſmall; roll up your pig tight, and bind it with a fillet; fill the pot you intend to boil it in with ſoft water, a bunch of ſweet herbs, ſome pepper-corns, ſome cloves and mace, a handful of ſalt, and a pint of vinegar; when the liquor boils put in your pig; boil it till it is tender; take it up, and when it is almoſt cold, bind it over again, put it into an earthen pan, and pour the liquor your pig was boiled in over it, and always keep it covered. When you want it, take it out of the pan, untie the fillet as far as you want to cut it, then cut it in ſlices, and lay it in your diſh. Garniſh with parſley.

To bake a PIG. When neceſſity obliges you to bake a pig, lay it in a diſh, flour it well all over, and rub it alſo over with butter. Butter the diſh in which you intend to bake it, and put it in the oven. Take it out as ſoon as it is enough, and having rubbed it over with a butter cloth, put it into the oven again till it is dry; then take it out, lay it in a diſh, and cut it up. Take off the fat from the diſh it was baked in, and ſome good gravy will remain at the bottom. Add to this a little veal gravy, with a piece of butter rolled in flour, and boil it up; put it into the diſh, with the brains and ſage in the belly.

A PIG *in Jelly.* Truſs a pig as for roaſting; much of its length, take a ſmall knuckle of veal, three or four calves' feet, according to their bigneſs, a little ham, a large faggot of parſley, ſhallots, a ſprig of thyme, two bay-leaves, two cloves of garlic, ſix cloves, a bit of nutmeg, whole pepper, and a little ſalt; cover it over or not with ſlices of bacon; put to it a bottle of white wine, and twice as much broth; let it ſtew about an hour, ſlowly or it will be apt to crack. When done, take the pig out gently, wipe it clean, and put all the reſt in another pan to ſimmer for ſome time; then clean the pan the pig was in, and garniſh the bottom with green parſley, boiled craw-fiſh or prawns, in a pretty form; lay the pig upon this, with the back uppermoſt; then ſift and ſkim the broth very well, and add the juice of four lemons, the whites of eight eggs beat up with the ſhells, and boil till it is quite clear; ſtrain it through a jelly-bag, and pour it upon the pig; it ſhould be quite covered with the jelly; let it cool.

When ready to uſe, dip the pan in warm water, and turn it over upon a napkin.

Another way. Take a pig and cut it into quarters; put it into a ſtewpan, with a pint of Rheniſh or Liſbon wine, a quart of water, a little lemon-peel, the juice of three or four lemons, two or three cloves; ſtew it over a very ſlow fire for two hours, take it up, lay the pig in the diſh it is intended for; ſtrain the liquor, and when it is cold, ſkim off the fat; leave the ſettling at the bottom; warm the jelly again, and pour over the pig; ſerve it up cold in the jelly.

Another way. Cut it into quarters, and lay it into your ſtewpan; put in one calf's foot, and the pigs feet, a pint of Rheniſh wine, the juice of four lemons, and one quart of water, three or four blades of mace, two or three cloves, ſome ſalt, and a very little piece of lemon-peel; ſtove it, or do it over a ſlow fire two hours; then take it up, lay the pig into the diſh you intended for it, then ſtrain the liquor, and when the jelly is cold, ſkim off the fat, and leave the ſettling at the bottom. Beat up the whites of ſix eggs, and boil up with the jelly about ten minutes, and put it through a bag till it is clear; then pour the jelly over the pig, and ſerve it up cold in the jelly.

To dreſs a PIG *like a fat Lamb.* Take a fat pig, cut off its head, truſs it up like a lamb. When it is ſlit through the middle and ſkinned, parboil it a little, then throw ſome parſley over it, roaſt it and dredge it. Let your ſauce be half a pound of butter, and a pint of cream, ſtirring it all together till it is ſmooth; then pour it over, and ſend it to table.

PIG *White Monk's faſhion.* Bone the pig thoroughly, except the head and feet; take care not to cut the ſkin; make a force-meat with fillet of veal, beef-ſuet, chopped parſley, ſhallots, muſhrooms, pepper and ſalt, crumbs of bread ſoaked in cream, and the yolks of ſix raw eggs; cut dice of ham and bacon to mix with the force-meat; ſtuff the pig with this as if it was whole, tie it well in a napkin, and cover or not the back with thin ſlices of bacon; boil it in broth and a pint of white wine, with a faggot of parſley, ſhallots, a clove of garlic, ſliced onions, carrots, and other roots, whole pepper, and ſalt. When done, if to be ſerved hot, wipe it clean, and ſerve with what ſauce you pleaſe. If for cold, let it cool in the braze, then take off the napkin, ſcrape the fat gently off, and ſerve upon a napkin. Garniſh with green parſley.

To dreſs a PIG *the French way.* Spit your pig, lay it down to the fire, let it roaſt till it is thoroughly warm, then cut it off the ſpit, and divide it into twenty pieces. Set them to ſtew in half a pint of white wine and a pint of ſtrong broth, ſeaſoned with grated nutmeg, pepper, two onions cut ſmall, and ſome ſtripped thyme. Let it ſtew an hour, then put to it half a pint of ſtrong gravy, a piece of butter rolled in flour, ſome anchovies, and a ſpoonful of vinegar, or muſhroom pickle. When it is enough, lay it in your diſh, and pour the gravy over it, then garniſh with orange and lemon.

To dreſs PIG's *Pettitoes.* Put your pettitoes into a ſaucepan with half a pint of water, a blade of mace, a little whole pepper, a bundle of ſweet herbs, and an onion. Let them boil five minutes, then take out the

liver, lights, and heart, mince them very fine, grate a little nutmeg over them, and ſhake a little flour on them; let the feet do till they are tender, then take them out and ſtrain the liquor, put all together with a little ſalt, and a piece of butter as big as a walnut; ſhake the ſaucepan often, let it ſimmer five or ſix minutes, then cut ſome toaſted ſippets and lay round the diſh; lay the mince-meat and ſauce in the middle, and the pettitoes ſplit round it. You may add the juice of half a lemon, or a very little vinegar.

Another way. Boil the heart, liver, and lights, a few minutes, (let the feet do till tender); ſhred them, take a little of the liquor they were boiled in, ſome pepper, ſalt, and nutmeg, a little grated lemon-peel; ſtir in the mince with a bit of butter and flour, and give it a boil up. Serve it with the feet ſplit, laid on the top, and toaſted ſippets.

A Ragoo of PIGS' *Feet and Ears.* Having boiled the feet and ears, ſplit the feet down the middle, and cut the ears in narrow ſlices. Dip them in butter and fry them brown. Put a little beef-gravy in a toſſing-pan, with a tea-ſpoonful of lemon-pickle, a large one of muſhroom catchup, the ſame of browning, and a little ſalt. Thicken it with a lump of butter rolled in flour, and put in your feet and ears. Let them boil gently, and when they are enough, lay your feet in the middle of the diſh, and the ears round them; then ſtrain your gravy, pour it over them, and garniſh with curled parſley.

Another way. Take them out of the ſauce, ſplit them, dip them in egg, then in bread crumbs and chopped parſley; fry them in hogs' lard, drain them;

cut

cut the ears in long narrow ſlips, flour them, put them into ſome good gravy; add catchup, morels, and pickled muſhrooms; ſtew them, pour them into the diſh, and lay on the feet.

Or they are very good dipped in butter and fried; eat with melted butter and muſtard.

PIGEONS.

To roaſt PIGEONS. Make a force-meat with the livers, muſhrooms, parſley, ſhallots, ſcraped lard, two yolks of eggs, pepper and ſalt; ſtuff the pigeons with it, and roaſt them with a ſlice of lard wrapped in paper, or without. You may alſo braze them, and ſerve them with what ſauce you pleaſe.

Another way. Truſs two or three large tame pigeons as for roaſting; make a ſtuffing with the livers, chopped with parſley, chibol, a trifle of garlic, ſcraped lard, pepper and ſalt, and mix it well with two yolks of eggs; lard the pigeons with ſprigs of green parſley pretty thick, and, while roaſting, baſte them often with with freſh hogs' lard, to keep the parſley green and criſp.

To boil PIGEONS. Scald and draw your pigeons, and take out the craw as clean as poſſible. Waſh them in ſeveral waters, and, having cut off the pinions, turn their legs under their wings, dredge them, and put them into ſoft cold water. Having boiled them very ſlowly a quarter of an hour, diſh them up, and pour over them good melted butter. Lay round them a little broccoli, and ſerve them up with butter and parſley.

Pigeons

Pigeons will not take more than a quarter of an hour boiling. They ſhould be boiled by themſelves, and may be eaten with bacon, greens, ſpinach, aſparagus, or parſley and butter.

Another way. Boil your pigeons by themſelves, for fifteen minutes; then boil a handſome ſquare piece of bacon, and lay in the middle; ſtew ſome ſpinach to lay round, and lay the pigeons on the ſpinach. Garniſh your diſh with parſley laid in a plate before the fire to criſp. Or you may lay one pigeon in the middle, and the reſt round, and the ſpinach between each pigeon, and a ſlice of bacon on each pigeon. Garniſh with ſlices of bacon, and melted butter in a cup.

Another way. Peel as many whole truffles as you have pigeons, and put them into a ſtewpan with a glaſs of white wine, a ſlice of ham, broth, a faggot, and two cloves, and ſimmer them ſome time. Truſs four or five ſmall pigeons, the legs inwards; take a little broth and flour, with a few ſlices of lard and lemon, pepper and ſalt; make this boil and ſtir it continually, then boil the pigeons ſlowly therein. The truffles being done, take out the faggot and ham, put the pigeons to them, and ſimmer them ſome time together. Make a little forced-meat with the livers of poultry, chopped muſhrooms, truffles, parſley, and ſhallots, mixed with a little ſcraped lard, two yolks of eggs, pepper and ſalt. Put this into the bottom of your diſh, and place it on hot aſhes, to make it catch at bottom. Drain the fat off, and ſerve the pigeon upon it, intermixed with truffles.

PIGEONS *in a hole.* Pick, draw, and waſh four young pigeons, ſtick their legs in their bellies as you do boiled

pigeons,

pigeons, ſeaſon them with pepper, ſalt, and beaten mace. Put into the belly of every pigeon a lump of butter the ſize of a walnut. Lay your pigeons in a pie diſh, pour over them a batter made of three eggs, two ſpoonfuls of flour, and half a pint of good milk. Bake it in a moderate oven, and ſerve them to table in the ſame diſh.

PIGEONS *boiled with Rice.* Stuff the bellies of ſix pigeons with parſley, pepper, and ſalt, rolled in a very little piece of butter; put them into a quart of mutton broth, with a little beaten mace, a bundle of ſweet herbs, and an onion; cover them cloſe, and let them boil a full quarter of an hour; then take out the onion and ſweet herbs, and take a good piece of butter rolled in flour, put it in, and ſhake it; ſeaſon it with ſalt, if it wants it; then have ready half a pound of rice boiled tender in milk. When it begins to be thick (but take great care it does not burn) take the yolks of two or three eggs, beat up with two or three ſpoonfuls of cream, and a little nutmeg. Stir it together till it is quite thick; then take up the pigeons and lay them in a diſh. Pour the gravy to the rice, ſtir it all together, and pour over the pigeons. Garniſh with hard eggs cut into quarters.

Another way. Pick and draw your pigeons, and turn the legs under their wings. Cut off the pinions, lay over each pinion thin ſlices of bacon, and a large beet leaf. Wrap them ſeparately in clean cloths, and boil them till enough. Have ready four ounces of rice boiled ſoft, and put into a ſieve to drain. Put the rice into a little good veal gravy thickened with flour and butter. Boil your rice a little in the gravy, and add two ſpoonfuls of good cream. Take your pigeons out of the cloths,

cloths, and leave on the bacon and beet leaves. Pour the rice over them, and ſerve them up.

To broil PIGEONS. When you ſet about to broil pigeons, take care your fire is clear. Take ſome parſley ſhred fine; a piece of butter as big as a walnut, with a little pepper and ſalt, and put into their bellies. Tie them at both ends, and put them on the gridiron. Or you may ſplit and broil them, having firſt ſeaſoned them with pepper and ſalt. Serve them with a little parſley and butter in the diſh.

Another way. Truſs and ſtuff your pigeons in the ſame manner as for roaſting. Let the fire be very clear, and the gridiron high from the fire. Take care they do not burn. For ſauce—parſley and butter. They may be ſplit and broiled, and conſequently ſooner done, but they are in general reckoned beſt broiled whole.

Jugged PIGEONS. Pluck and draw ſix pigeons, waſh them clean, and dry them with a cloth; ſeaſon them with beaten mace, white pepper, and ſalt. Put them in a jug, and put half a pound of butter upon them. Stop up your jug cloſe with a cloth, that no ſteam can get out, ſet it in a kettle of boiling water, and let it boil one hour and a half. Then take out your pigeons, and put the gravy that is come from the pigeons into a pan, and put to it one ſpoonful of wine, one of catchup, a ſlice of lemon, half an anchovy chopped ſmall, and a bundle of ſweet herbs. Boil it a little, thicken it with a little butter rolled in flour, lay your pigeons on the diſh, and ſtrain the gravy on them. Garniſh with parſley and red cabbage, and ſerve them up. You may lay muſhrooms or force-meat balls. It is a pretty ſide or corner diſh.

Boiled PIGEONS *and Bacon.* Take ſix young pigeons, waſh them clean, turn their legs under their wings, boil them in milk and water by themſelves twenty minutes; have ready boiled a ſquare piece of bacon, take off the ſkin and brown it, put the bacon in the middle of your diſh, and lay the pigeons round it, and lumps of ſtewed ſpinach; pour plain melted butter over them, and ſend parſley and butter in a boat.

PIGEONS *au Gratin.* When your pigeons are picked, drawn, and waſhed, ſlit them down the back, and then ſtuff them; making a ſtuffing as follows:—Cut the livers very ſmall, young onions, muſhrooms, parſley, truffles, morels, and ſweet herbs, all cut ſmall, ſome bacon ſcraped fine, with ſome pepper, ſalt, and nutmeg. When they are ſtuffed, lay in a diſh ſome ſlices of veal and ham, and the pigeons upon them, then more ſlices of ham and veal upon the pigeons, but no more ſeaſoning; cover them with another diſh, much ſmaller than that they are put in; take a wet napkin and put round the rim of the diſh, to prevent the ſteam evaporating; put it into a ſtewpan over a ſmall ſtove, and let it ſtew very ſoftly till it is done. When it is taken up, put in a little warm eſſence of ham.

PIGEONS *à-la-ſouſſel.* Bone four pigeons, and make a force-meat as for pigeons compote. Stuff them, and put them into a ſtewpan with a pint of veal gravy. Stew them half an hour very gently, and then take them out. In the mean time, make a veal force-meat, and wrap it all round them. Rub it over with the yolk of an egg, and fry them of a nice brown in good dripping. Take the gravy they were ſtewed in, ſkim off the fat, thicken with a little butter rolled in flour, the yolk of an egg,

and a gill of cream, beat up. Seaſon it with pepper and ſalt, mix it all together, and keep it ſtirring one way till it is ſmooth. Strain it into your diſh, and put the pigeons on. Garniſh with plenty of fried parſley. You may leave out the egg and cream, and put in a ſpoonful of browning, and a little lemon pickle and catchup.

To ſtew PIGEONS. Let your pigeons be ſeaſoned with pepper and ſalt, a few cloves and mace, and ſome ſweet herbs; wrap this ſeaſoning up in a piece of butter, and put it in their bellies; then tie up the neck and vent, and half roaſt them. Put them in a ſtewpan, with a quart of good gravy, a little white wine, a few pepper corns, three or four blades of mace, a bit of lemon, a bunch of ſweet herbs, and a ſmall onion. Stew them gently till they are enough; then take the pigeons out, and ſtrain the liquor through a ſieve; ſkim it and thicken it in your ſtewpan, put in the pigeons, with ſome pickled muſhrooms and oyſters; ſtew five minutes, and put the pigeons in a diſh, and the ſauce over.

Another way. Half roaſt or fry the pigeons, ſtew them in cullis; when they are tender, ſkim the ſauce; thicken it with a little flour, add a little chopped ſhallot, force-meat balls, hard yolks of eggs, kyan, and lemon-juice.

PIGEONS *in ſavoury Jelly.* Roaſt your pigeons with the head and feet on, put a ſprig of myrtle in their bills; make a jelly for them, the ſame way as for the chickens, pour a little into a baſon. When it is ſet, lay in the pigeons with their breaſts down; fill up your bowl with your jelly, and turn it out.

To bake PIGEONS. Seaſon them with pepper and ſalt, put a bit of butter into each, pour over them the following

lowing batter—Three eggs, two ſpoonfuls of flour, half a pint of milk, and a little ſalt.

PIGEONS *en compote.* Truſs the pigeons with their legs in their bodies, but firſt ſtuff them with good force meat (made in the ſame manner as for pigeons à-la-daube), let them be parboiled, then lard them with bits of bacon, ſeaſoned with pepper, ſpices, minced chives, and parſley; let them ſtew as gently as poſſible. While they are ſtewing make a ragoo of cock's-combs, fowls livers, truffles, morels, and muſhrooms; melt a little bacon in a frying-pan, and put them in, ſhake the pan round two or three times; then put in ſome rich gravy, let it ſimmer a little, and put in ſome cullis of veal and ham to thicken it. Take the pigeons, drain them, and put them into this ragoo. Let them juſt ſimmer in it, then take them up, put them into a diſh, and pour the ragoo over them.

Another way. Take ſix young pigeons, and ſkewer them as for boiling; make a force-meat thus—Grate the crumb of a penny loaf, half a pound of fat bacon, ſhred ſome ſweet herbs and parſley fine, two ſhallots, or a little onion, a little lemon peel, a little grated nutmeg; ſeaſon it with pepper and ſalt, and mix it up with the yolk of two eggs; put it into the craws and bellies, lard them down the breaſt, and fry them brown with a little butter; then put them in a ſtewpan, with a pint of ſtrong brown gravy, a gill of white wine; ſtew them three quarters of an hour, thicken it with a little butter rolled in flour, ſeaſon with ſalt and kyan pepper, put the pigeons in the diſh, and ſtrain the gravy over them; lay ſome hot force-meat balls round them, and ſend them up hot.

PIGEONS *à-la-duxelle.* Cut off the feet and pinions of four or five pigeons, and ſplit them down the breaſt, then take out the liver, and flat them with a cleaver: make a hot marinade of ſome ſcraped bacon, ſeaſoned with a muſhroom or two, green onions, pepper, ſalt, thyme, and parſley, and a little nutmeg: fry all a few minutes, and let the pigeons be heated through in it, and let them remain till you put them upon your grid-iron: take a thin ſlice of ham for each pigeon, and put them with the ham always at top. I mean, when you turn your pigeons, turn your ham upon them. For your ſauce, take a ladle of gravy, ſome ſweet baſil, a little thyme, parſley, and ſhallot, minced very fine, and a few ſlices of muſhrooms, boiled all together a few minutes; diſh up, your breaſt downwards, let your ham continue upon them, and pour your ſauce over, with the juice of a lemon or orange.

PIGEONS *à-la-daube.* Put a layer of bacon in a large ſaucepan, then a layer of veal, a layer of coarſe beef, and another little layer of veal, about a pound of beef, and a pound of veal, cut very thin; a piece of carrot, a bundle of ſweet herbs, an onion, ſome black and white pepper, a blade or two of mace, and four or five cloves: cover the ſaucepan cloſe, ſet it over a ſlow fire, draw it till it is brown, to make the gravy of a fine light brown; then put in a quart of boiling water, and let it ſtew till the gravy is quite rich and good; then ſtrain it off, and ſkim off all the fat. In the mean time, ſtuff the bellies of the pigeons with force-meat made thus:— Take a pound of veal, a pound of beef ſuet, and beat both fine in a mortar; an equal quantity of crumbs of bread, ſome pepper, ſalt, nutmeg, beaten mace, a lit-

tle

tle lemon-peel cut ſmall, ſome parſley cut ſmall, and a very little thyme ſtripped: mix all together with the yolks of two eggs, fill the pigeons, and flat the breaſt down; then flour them, and fry them in freſh butter a little brown; then pour the fat clean out of the pan, and put the gravy to the pigeons; cover them cloſe, and let them ſtew a quarter of an hour, or till you think they are quite enough; then take them up, lay them in a diſh, and pour in your ſauce; on each pigeon lay a bay leaf, and on the leaf a ſlice of bacon. You may garniſh with a lemon notched; but it will do without. You may leave out the ſtuffing, as it will be rich enough without it.

PIGEONS *in diſguiſe.* Draw and truſs your pigeons, ſeaſon them with pepper and ſalt; make a nice puff-paſte, and roll each pigeon in a piece of it; tie them in a cloth, and take care the paſte does not break; boil them in a great deal of water; they will take an hour and a half boiling. Take great care when they are untied they do not break: put them into a diſh, and pour a little good gravy to them.

PIGEONS *à-la-charmante.* Scald five or ſix ſmall pigeons, and braze them with a few ſlices of lard and peeled lemon, pepper, ſalt, a faggot of ſweet herbs, and broth: lard three or four ſweetbreads as for fricandeaus, and put theſe laſt into a ſtewpan by themſelves, with ſome broth, a few thin ſlices of veal fillet, a faggot, a few chibols, two cloves, and a little baſil: braze ſlowly, and when done, ſift and ſkim the braze, and reduce it to a glaze, to rub over the larded ſide of the ſweetbreads; add a little conſommée, to gather the remainder of the glaze which may ſtick to the bottom of the pan;

pan; ſift it again through a ſieve, and add a little more pepper and ſalt (if neceſſary), and a good ſqueeze of lemon. Intermix the pigeons and ſweetbreads upon the table-diſh, and pour the ſauce over the former, but not over the latter, as it would ſpoil the colour of the glaze.

PIGEONS *in Fricandeau.* Pick, draw, and waſh your pigeons very clean, ſtuff the craws, and lard them down the ſides of the breaſt, fry them in butter a fine brown, and then put them into a toſſing-pan with a quart of gravy: ſtew them till they are tender, then take off the fat, and put in a tea-ſpoonful of lemon pickle, a large ſpoonful of browning, the ſame of walnut catchup, a little kyan and ſalt: thicken your gravy, and add half an ounce of morels, and four yolks of hard eggs. Lay the pigeons in your diſh, and put the morels and eggs round them, and ſtrain your ſauce over them. Garniſh with barberries and lemon-peel, and ſerve it up.

Another way. After having truſſed your pigeons with their legs in their bodies, divide them in two, and lard them with bacon; then lay them in a ſtewpan, with the larded ſide downwards, and two whole leeks cut ſmall, two ladlefuls of mutton broth or veal gravy; cover them cloſe over a very ſlow fire, and when they are enough, make your fire very briſk, to waſte away what liquor remains: when they are of a fine brown, take them up, and pour out all the fat that is left in the pan; then pour in ſome veal gravy to looſen what ſticks to the pan, and a little pepper: ſtir it about for two or three minutes, and pour it over the pigeons. This is a pretty little ſide-diſh.

PIGEONS *au Soleil.* Make a force-meat with half a pound of veal, a quarter of a pound of mutton, and two ounces

ounces of beef; beat them in a mortar, with ſome pepper, ſalt, and mace, till they are a paſte: then take the yolks of three or four eggs, beat them up well, and put them into a plate: mix alſo a quarter of a pound of grated bread, and two ounces of flour, put it into another plate. Put on a ſtewpan with a little rich beef gravy, tie up three or four cloves in a bit of muſlin, and put into the gravy; put in the pigeons, let them ſtew till they are almoſt enough, then take them up, and ſet them before a fire to keep warm; then ſet on a frying-pan with ſome good beef dripping, enough to cover the pigeons: when it boils, take them, one at a time, roll them in the meat that was beat, then in the yolk of egg; roll them in it till they are quite wet, then ſtrew over with the bread and flour, pour them into the boiling dripping, and let them remain till they are of a fine brown.

Another way. Blanch your pigeons, and ſtew them about an hour in a braze, make them very dry and clean from fat and ſoil, and make a batter of nothing more than ale or ſmall beer, with flour, and a morſel of butter boiled and put into it, well ſtirred together. Have a large ſtewpan of lard ready, dip in your pigeons, without cutting off either heads, legs, or wings, and fry them of a fine colour, and ſend them to table with parſley.

PIGEONS *Surtout.* Having forced your pigeons, lay a ſlice of bacon on the breaſt, and a ſlice of veal beat with the back of a knife, and ſeaſoned with mace, pepper, and ſalt; tie it on with a ſmall packthread, or two ſmall fine ſkewers are better; ſpit them on a fine bird ſpit, roaſt them, and baſte them with a piece of butter, then with

with the yolk of an egg, and then baſte them again with the crumbs of bread, a little nutmeg, and ſweet herbs. When they are enough, lay them in your diſh; have good gravy ready, with truffles, morels, and muſhrooms to pour into your diſh; and garniſh with lemon.

PIGEONS *tranſmogrified.* Pick and clean ſix ſmall pigeons, but do not cut off their heads; cut off their pinions, and boil them ten minutes in water, then cut off the ends of ſix large cucumbers, and ſcrape out the ſeeds; put in your pigeons, but let the heads be cut at the ends of the cucumbers, and ſtick a bunch of barberries in their bills; and then put them in a toſſing-pan with a pint of veal gravy, a litttle anchovy, a glaſs of red wine, a ſpoonful of browning, a little ſlice of lemon, kyan and ſalt to your taſte, ſtew them ſeven minutes, take them out, thicken your gravy with a little butter rolled in flour, boil it up, and ſtrain it over your pigeons, and ſerve them up.

PIGEONS *à-la-braze.* Pick, draw, and truſs ſome large pigeons, then take a ſtewpan and lay at the bottom ſome ſlices of bacon, veal, and onions; ſeaſon the pigeons with pepper, ſalt, ſome ſpice beat fine, and ſome ſweet herbs; lay them into the ſtewpan, then lay upon them ſome more ſlices of veal and bacon; let them ſtew very gently over a ſtove, the top of the ſtewpan put down very cloſe. When they are ſtewed, make a ragoo with veal ſweetbreads, truffles, morels, champignons; the ſweetbreads muſt be blanched, and put into a ſtewpan with a ladleful of gravy, a little cullis, the truffles, morels, &c. let them all ſtew together with the pigeons. When they are enough, put them into a diſh, and pour the ragoo over them.

A pupton of PIGEONS. Take ſavoury force-meat, rolled out like a paſte, put it in a butter diſh, lay a layer of very thin bacon, ſquab pigeons, ſliced ſweetbread, aſparagus tops, muſhrooms, cocks-combs, a palate boiled tender and cut in pieces, and the yolks of hard eggs. Make another force-meat and lay over like a pie; bake it, and when enough, turn it into a diſh, and pour gravy round it.

PIGEONS *in Pimlico.* Take the livers, with ſome fat and lean of ham or bacon, muſhrooms, truffles, parſley, and ſweet herbs; ſeaſon with beaten mace, pepper and ſalt; beat all this together with two raw eggs, put it into the bellies, roll them all in a thin ſlice of veal, over them a thin ſlice of bacon; wrap them up in white paper, ſpit them on a ſmall ſpit, and roaſt them. In the mean time make for them a ragoo of truffles and muſhrooms, chopped ſmall, with parſley cut ſmall; put to it half a pint of good veal gravy, thicken with a piece of butter rolled in flour. An hour will do your pigeons. Baſte them; and when enough, lay them in your diſh, take off the paper, and pour your ſauce over them. Garniſh with patties made thus:—Take veal and cold ham, beef ſuet an equal quantity, ſome muſhrooms, ſweet herbs, and ſpice; chop them ſmall, ſet them on the fire, and moiſten with milk or cream; then make a little puff-paſte, roll it, and make little patties about an inch deep and two inches long; fill them with the above ingredients, cover them cloſe, and bake them; lay ſix of them round a diſh. This makes a fine diſh for a firſt courſe.

PIGEONS *Royal faſhion.* Singe what number you pleaſe of pigeons that are of an equal bigneſs, put a peeled

truffle in each, and give them a fry in butter, with chopped muſhrooms, parſley, chibols, a ſlice of ham, pepper, and ſalt; then put them into a ſaucepan to braze, with a few ſlices of veal firſt ſcalded, and the firſt ſeaſoning over the pigeons; cover them with thin ſlices of bacon and a laurel-leaf, and put a ſheet of white paper over the whole; ſtop the pan cloſe, and ſimmer on a ſlow fire till they are quite tender. Take out the pigeons, and wipe off the fat; ſift the braze, boil it a moment and ſkim it very clean; when ready, add a lemon ſqueeze, and ſerve it upon the pigeons.

PIKE.

To boil a PIKE. Clean a large pike, and take out the gills; make a ſtuffing with ſome crumbs of bread grated fine, ſome ſweet herbs chopped ſmall, ſome grated lemon peel, nutmeg, pepper, ſalt, ſome oyſters chopped ſmall, and a piece of butter; mix up theſe ingredients with the yolks of two eggs, put it into the fiſh, and ſew it up; turn the tail into the mouth, and boil it in pump water, with ſome vinegar and ſalt in it. When it boils, put in the fiſh; it will take more than half an hour, if it is a large one. Oyſter ſauce: pour ſome over the fiſh, the reſt in a boat.

Another way. Make a browning with butter and flour; add a pint of red wine, a faggot, four cloves, two dozen of ſmall onions half boiled, pepper and ſalt; cut the pike in pieces, ſtew it ſlowly till done, take out the faggot, and add a piece of butter. When ready to ſerve, add two chopped anchovies, and a ſpoonful of capers. Garniſh with fried bread, and ſerve the ſauce over

over all. You may alſo add artichoke bottoms, muſh-rooms, carp roes, &c.

Another way. Take out the gills and guts, waſh it well, then make a good force-meat of oyſters, chopped fine, the crumb of half a penny loaf, a few ſweet herbs, and a little lemon-peel ſhred fine; nutmeg, pepper, and ſalt, to your taſte; a good lump of butter, and the yolks of two eggs; mix them well together, and put them in the belly of your fiſh; ſew it up, ſkewer it round, put hard water in your fiſh-pan, add to it a tea-cupful of vinegar, and a little ſalt: when it boils put in the fiſh; if it be a middle ſize, it will take half an hour's boiling. Garniſh it with walnuts and pickled barberries; ſerve it up with oyſter ſauce in a boat, and pour a little ſauce on the pike.

To roaſt a PIKE. Draw a pike, waſh it clean, make the ſeaſoning of a little parſley, an onion or ſhallot, nutmeg, cloves and mace, three or four anchovies, a pint of oyſters or ſhrimps; ſhred and grate all theſe very ſmall, and mix it up with half a pound of butter; fill the belly of the pike with this ſeaſoning, ſpit and roaſt it, and ſtrew ſome on the outſide of it; baſte it as it roaſts with claret and butter.

Make your ſauce of wine, oyſter liquor, anchovy, ſpice, butter, and vinegar, which is always to be the laſt ingredient; when you ſtir in your butter, take care not to put in more than will make it mix well. Thus alſo you may roaſt four mackerel, faſtening them on the ſpit with large flat ſkewers and a broad tape, ſtuffing them with the ſame ſtuffing.

PILLS.

As the ingredients which enter the compoſition of pills are generally ſo contrived, that one pill of an ordinary ſize may contain about five grains of the compound, in mentioning the doſe we ſhall only ſpecify the number of pills to be taken; as one, two, three, &c.

Compoſing PILL. Take of purified opium, ten grains; Caſtile ſoap, half a dram; beat them together, and form the whole into twenty pills. When a quieting draught will not ſit upon the ſtomach, one, two, or three of theſe pills may be taken, as occaſion requires.

Fœtid PILL. Take of aſafœtida half an ounce; ſimple ſyrup, as much as is neceſſary to form it into pills. In hyſteric complaints, four or five pills, of an ordinary ſize, may be taken twice or thrice a day. They may likewiſe be of ſervice to perſons afflicted with the aſthma. When it is neceſſary to keep the body open, a proper quantity of rhubarb, aloes, or jalap, may occaſionally be added to the above maſs.

A ſtrengthening PILL. Take ſoft extract of the bark, and ſalt of ſteel, each half an ounce; make into pills. In diſorders ariſing from exceſſive debility, or relaxation of the ſolids, as the chloroſis, or green ſickneſs, two of theſe pills may be taken three times a day.

Purging PILLS. Take of ſuccotrine aloes, and Caſtile ſoap, each two drams; of ſimple ſyrup, a ſufficient quantity to make them into pills.

Four or five of theſe pills will generally prove a ſufficient purge. For keeping the body gently open, one may be taken night and morning. They are reckoned both deobſtruent and ſtomachic, and will be found to anſwer

anſwer all the purpoſes of Dr. Anderſon's pills, the principal ingredient of which is aloes.

Where aloetic purges are improper, the following pills may be uſed: Take extract of jalap, and vitriolated tartar, of each two drams; ſyrup of ginger, as much as will make them of a proper conſiſtence of pills. Theſe pills may be taken in the ſame quantity as the above.

PILL *for the Jaundice.* Take of Caſtile ſoap, ſuccotrine aloes, and rhubarb, of each one dram: mix them into pills, with a ſufficient quantity of ſyrup or mucilage. Theſe pills, as their title expreſſes, are chiefly intended for the jaundice; which, with the aſſiſtance of proper diet, they will often cure. Five or ſix of them may be taken twice a day, more or leſs, as is neceſſary to keep the body open. It will be proper, however, during their uſe, to interpoſe now and then a vomit of ipecacuanha or tartar emetic.

Stomachic PILL. Take extract of gentian, two drams; powdered rhubarb and vitriolated tartar, of each one dram; oil of mint, thirty drops; ſimple ſyrup, a ſufficient quantity. Three or four of theſe pills may be taken twice a day, for invigorating the ſtomach, and keeping the body gently open.

Squill PILLS. Take powder of dried ſquills, a dram and a half; gum ammoniac, and cardamon ſeeds in powder, of each three drams; ſimple ſyrup, a ſufficient quantity. For dropſical and aſthmatic complaints, two or three of theſe pills may be taken twice a day, or oftener, if the ſtomach will bear them.

PLAICE.

Theſe, as well as flounders, &c. are dreſſed in the ſame way as SOLES, which ſee.

To fricaſee PLAICE, *or* FLOUNDERS. Clean the fiſh, and take off the black ſkin, but not the white; cut the fleſh from the bones into long ſlices, and dip them into yolk of egg; ſtrew over them ſome bread raſpings, and fry them in clarified butter. When they are enough, lay them upon a plate, and keep them hot. For ſauce —Take the bones of the fiſh, boil them in ſome water; then put in an anchovy, ſome thyme, parſley, a little pepper, ſalt, cloves, and mace: let theſe ſimmer till the anchovy is diſſolved, then take the butter the fiſh was fried in, put it into a pan over the fire; ſhake ſome flour into it, and keep ſtirring it while the flour is ſhaking in; then ſtrain the liquor into it, and let it boil till it is thick; ſqueeze ſome lemon-juice into it; put the fiſh into a diſh, and pour the ſauce over them.

Another way. Put on a ſtewpan, with water ſufficient to cover the quantity of flounders, &c. which are to be dreſſed; put in ſome vinegar and horſe-radiſh. When the water boils, put in the fiſh, but let them be well cleaned, and their fins cut off; do not let them boil too faſt, leſt they break. When they are enough, lay them on a fiſh-plate, the tails in the middle. Sauce—Parſley and butter. Dabs are boiled in the ſame manner.

PLAISTERS.

Theſe preparations are compoſed of oily and unctuous ſubſtances, united with powders into a conſiſtence, that will

will remain firm in the cold without ſticking to the fingers.—Such as are intended for the breaſt or ſtomach, ought to be ſoft and yielding; thoſe deſigned for the limbs, more firm and adheſive.

The common PLAISTER, *or White Diachylon*, which is indeed the foundation of moſt others, may be purchaſed at the chymiſts, both cheaper and better prepared than can be done in private practice:—it is generally applied in ſlight wounds and excoriations of the ſkin, to keep the part ſoft and warm, and defend it from the air, which is all that is neceſſary in ſuch caſes.

Adheſive or ſticking PLAISTER. Melt together half a pound of common plaiſter with a quarter of a pound of Burgundy pitch. This is principally uſed for keeping on other dreſſings.

Diachylon with the Gums. Take three quarters of a pound of white diachylon, two ounces of ſtrained galbanum; turpentine, and frankincenſe, of each three quarters of an ounce; melt them together over a ſlow fire.

This is uſed to ripen and cleanſe ſores, as alſo for diſpelling indolent tumors.

Anodyne PLAISTER. Melt half an ounce of adheſive plaiſter, and when it is cooling, mix it with a dram of powdered opium, and the ſame quantity of camphor, rubbed up with a little oil. This generally gives eaſe in acute pains, eſpecially of the nervous kind.

An excellent ſtrengthening PLAISTER. Take white diachylon, half a pound; frankincenſe, two ounces; dragon's blood, three quarters of an ounce; melt the diachylon over a ſlow fire, then add the other ingredients finely

finely powdered, and mix them all well together, by ſtirring them continually till the plaiſter is quite cold.

This, if conſtantly worn with a proper bandage, will frequently do ſervice in weakneſſes, and particularly in thoſe to which children are ſubject.

Bliſtering PLAISTER. Take hogs' lard, yellow wax, white roſin, and powdered Spaniſh flies, each equal weights; melt the lard, wax, and roſin, and add the powder before the mixture cools.

Bliſtering plaiſter ought to be kept in oiled bladder; if rubbed with a little vinegar before laying on, it will ſtick better.

Spaniſh flies powdered, and ſpread upon common plaiſter, ſeems to anſwer all the purpoſes of other preparations.

Stomach PLAISTER. Take gum plaiſter, half a pound; camphorated oil, an ounce and a half; black pepper, finely powdered, one ounce; melt the plaiſter, and mix it with the oil; then ſprinkle in the pepper.

An ounce of this plaiſter ſpread upon ſoft leather, and applied to the ſtomach, (or rather to the five lower ribs of the left ſide, toward the back) will be of ſervice in weakneſs and many other complaints.

A little of the eſſential oil of mint may be rubbed upon it before it is applied.

PLOVERS.

Theſe are dreſſed in the general way of other birds.

PLOVERS *Perigord faſhion.* Truſs them as chickens or pigeons for ſtewing; braze them in a good braze. When done,

done, ſkim and ſift the braze: when ready to ſerve, add the ſqueeze of a lemon. You may alſo ſtuff and roaſt them as partridges, &c. Thruſhes and lapwings may be dreſſed in the ſame manner, ſerved with a cullis ſauce.

PLUM.—See PRESERVING, PUDDING, &c.

POISONS, *of various Kinds.*

Poiſons are generally taken unawares, and their effects are often ſo ſudden and violent, as not to admit of delay, or allow time to procure the aſſiſtance of phyſicians. Happily, indeed, the remedies for moſt poiſons being generally at hand, or eaſily obtained, nothing but common prudence is needful in the application of them.

In treating of this article, we include all the noxious ingredients which luxury has brought into the kitchen; as truffles, morels, muſhrooms, laurel water, and a long tribe of others; beſides what ariſes from the uſe of ruſty copper-pans, &c.

Poiſon is ſeldom long in the ſtomach before it occaſions ſickneſs, with an inclination to vomit; which ſhould be immediately procured: and were this duly regarded, the danger ariſing from poiſons might generally be avoided.

Poiſons either belong to the mineral, the vegetable, or the animal kingdom.

Mineral poiſons are commonly of an acrid or corroſive quality; as arſenic, cobalt, the corroſive ſublimate of mercury, &c.

Thoſe of the vegetable kind are generally of a narcotic, or ſtupefactive quality; as poppy, hemlock, henbane, berries of the deadly nightſhade, &c.

Poiſonous animals communicate their infection only when received into the body by a wound.

Arſenic is the moſt common mineral poiſon; and, as the whole of them are pretty ſimilar both in their effects and method of cure, what is ſaid with reſpect of it, will be applicable to every other ſpecies of corroſive poiſon.

When a perſon has taken arſenic, he ſoon perceives a burning heat, and a violent prickling pain in his ſtomach and bowels, with an intolerable thirſt, and an inclination to vomit. The tongue and throat feel rough and dry; and, if proper means be not ſoon adminiſtered, the patient is ſeized with great anxiety, hiccuping, faintings, and coldneſs of the extremities. To theſe ſucceed black vomits, fœtid ſtools, with a mortification of the ſtomach and inteſtines, which are the immediate forerunners of death.

The patient ſhould drink large quantities of new milk and ſallad oil till he vomits; or he may drink warm water mixed with oil. Fat broths are likewiſe proper, provided they can be got ready in time. Where no oil is to be had, freſh butter may be melted and mixed with the milk or water. Theſe things are to be drank as long as the inclination to vomit continues. Some have drank eight or ten quarts before the vomiting ceaſed; and it is never ſafe to leave off drinking while one particle of the poiſon remains in the ſtomach.

If

If theſe ſhould not make the perſon vomit, half a dram or two ſcruples of the powder of ipecacuanha muſt be given, or a few ſpoonfuls of the oxymel or vinegar of ſquills may be mixed with the water which he drinks. Vomiting may likewiſe be excited by tickling the inſide of the throat with a feather. Should theſe methods however fail, half a dram of white vitriol, or five or ſix grains of emetic tartar muſt be adminiſtered.

If tormenting pains are felt in the lower belly, and there is reaſon to fear that the poiſon has got down to the inteſtines, clyſters of milk and oil muſt be very frequently thrown up, and the patient muſt drink emollient decoctions of barley, oatmeal, marſhmallows, and ſuch like. He muſt likewiſe take an infuſion of ſenna and manna, a ſolution of Glauber's ſalts, or ſome other purgative.

After the poiſon has been evacuated, the patient ought, for ſome time, to live upon ſuch things as are of a healing and cooling quality: to abſtain from fleſh and all ſtrong liquors.

Vegetable Poisons, beſides heat and pain of the ſtomach, commonly occaſion ſome degree of giddineſs, and often a kind of ſtupidity or folly. Perſons who have taken theſe poiſons muſt be treated in the ſame manner as for the mineral or corroſive, and the danger is generally over as ſoon as they are diſcharged.

Opium, being frequently taken by miſtake, merits particular attention.

An over-doſe of opium generally occaſions great drowſineſs, with ſtupor and other apoplectic ſymptoms. Sometimes the perſon has ſo great an inclination to ſleep, that it is almoſt impoſſible to keep him awake.

Every method muſt, however, be tried for this purpoſe. He ſhould be toſſed, ſhaked, and moved about. Sharp bliſtering-plaiſters ſhould be applied to his legs and arms, and ſtimulating medicines, as ſalts of hartſhorn, &c. held under his noſe. It will be proper to let blood. At the ſame time every method muſt be taken to make him diſcharge the poiſon. This may be done in the manner directed above, viz. by the uſe of ſtrong vomits, drinking plenty of warm water with oil, &c.

If the body ſhould remain weak and languid after the poiſon has been diſcharged, nouriſhing diet and cordials will be proper; but when there is reaſon to fear that the ſtomach or bowels are inflamed, the greateſt circumſpection is neceſſary both with regard to food and medicines.

Of the bites of poiſonous animals, we ſhall conſider only the bite of a mad-dog, as it is both the moſt common and dangerous animal poiſon in this country. And amidſt all the methods of managing this unhappy complaint, we have not been able to ſelect any mode of treatment ſuperior to the following directions, which originally appeared in the *Cheſter* newſpapers, and numerous copies of them were diſperſed in that, and the neighbouring towns. They were reprinted into the *Mancheſter Chronicle*, on the recommendation of a Phyſician of great eminence in that place, who is generally and juſtly celebrated for his medical publications. And, at the requeſt of a very intelligent Surgeon of *Oſweſtry*, in *Shropſhire*, 500 copies were printed by the Chief Magiſtrate of the town, and diſperſed through the whole neighbourhood by the people aſſembled at an annual fair.

BITE

BITE OF A MAD DOG.

"Near *Wrexham*, in *North Wales*, three men died of canine madneſs in October and November, 1788.

"Theſe melancholy caſes ſpread a general alarm. But it ought to give great comfort and ſatisfaction to any one who may be bit, to know that there is a ſafe, eaſy, and effectual method of preventing infection; which can ſeldom give pain, or require ſkill, and is in the power of every perſon to employ. It is univerſally allowed by phyſicians, that the ſpittle of a mad animal, infuſed into a wound, is the *only* cauſe, hitherto known, that can communicate canine madneſs to the human body. This poiſon does no immediate miſchief, but is ſlowly abſorbed into the blood, and ſufficient opportunity is given to remove it, before any danger can ariſe.

"Whenever a perſon is bit, the plain and obvious means of preventing future injury is, firſt, to wipe off the ſpittle with a dry cloth, and then to waſh the wound with warm water; not ſlightly and ſuperficially, but abundantly, and with the moſt perſevering attention, in bad caſes, for ſeveral hours. A continued ſtream of it, poured from the ſpout of a tea-pot or tea-kettle, held up at a conſiderable diſtance, is peculiarly well adapted to the purpoſe. If the canine poiſon infuſed into a wound were of a peculiar colour, as black, like ink, we ſhould all be aware that plenty of water and patient diligence would effectually waſh out the dark dye; but this could not be expected by a ſlight and ſuperficial ablution.

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"As a proof that ſlight waſhing of the wound is not ſufficient to cleanſe it effectually from the poiſon, we may mention, that, in ſome caſes, after inoculation for the ſmall pox, the poiſonous matter has been attempted to be waſhed out of the wound, by perſons who wiſhed to prevent its effects; yet the inoculated ſmall-pox appeared at its proper period. Theſe unſucceſsful attempts were performed ſecretly, haſtily, and timidly, by a female hand. They teach us the importance of patient perſeverance in waſhing away the poiſon; but they need not abate our confidence that ſuch perſeverance will certainly be ſucceſsful.

"The ablution ſhould be accompliſhed with great diligence and without delay, and may be performed by the patient or any aſſiſtant. However, as the apprehenſion of this dreadful diſorder always excites the greateſt anxiety, a ſurgeon's advice and aſſiſtance ought to be obtained, as ſoon as poſſible, in all caſes where the ſkin is injured. He will execute theſe directions moſt dexterouſly and completely. In a bad wound, the poiſon may be conveyed deep into the fleſh, by long teeth or by lacerations: in ſuch circumſtances, he will open and waſh every ſuſpicious place. And, whenever any uncertainty can remain, that may occaſion future ſolicitude, he ſhould cup the wound. By this method of purification, it cannot be doubted that every particle of poiſon, and, conſequently, that every cauſe of danger may be effectually removed.

"If this method of treatment ſhall have been neglected, till an inflammation of the bitten part has commenced, it will be neceſſary to ſhave off the inflamed ſur-

ſurface, apply a cupping glaſs repeatedly, and alternately with a plentiful effuſion of warm water."

It may be neceſſary to obſerve, that the ſymptoms of madneſs in a dog are as follow: At firſt he looks dull, ſhews an averſion to food and company: he does not bark as uſual, but ſeems to murmur; is peeviſh, and apt to bite ſtrangers: his ears and tail droop more than uſual, and he appears drowſy: afterwards, he begins to loll out his tongue, and froth at the mouth, his eyes ſeeming heavy and watery. He now, if not confined, takes off, runs panting along with a kind of dejected air, and endeavours to bite every one he meets. Other dogs are ſaid to fly from him. Some think this is a certain ſign of madneſs, ſuppoſing that they know him by the ſmell, but it is not to be depended on. If he eſcapes being killed, he ſeldom runs above two or three days, till he dies exhauſted with heat, hunger, and fatigue.

This diſeaſe is moſt frequent after long, dry, hot ſeaſons; and ſuch dogs as live upon putrid ſtinking carrion, without having enough of freſh water, are moſt liable to it.

With regard to poiſonous inſects, as the bee, the waſp, the hornet, &c. their ſtings are ſeldom attended with danger, unleſs when a perſon happens to be ſtung by a great number at a time, in which caſe, ſomething ſhould be done to abate the inflammation and ſwelling. Some, for this purpoſe, apply honey; others lay pounded parſley to the part. A mixture of vinegar and Venice-treacle is likewiſe recommended; but rubbing the part with warm ſallad-oil ſucceeds very well. Indeed, when the ſtings are ſo numerous as to endanger

ger the patient's life, which is ſometimes the caſe, he muſt not only have oily poultices applied to the part, but muſt likewiſe be bled, and take ſome cooling medicines, as nitre, or cream of tartar, and ſhould drink plentifully of diluting liquors.

PORK.

To pickle PORK. Having cut your pork in pieces of a convenient ſize to lie in the powdering tub, rub them all over with ſalt petre; then make a mixture of two-thirds of common ſalt, and one-third bay ſalt, and rub every piece with it: lay the pieces in your tub as cloſe as poſſible, and throw a little ſalt over them.

To roaſt PORK. Pork muſt be well done, or it is apt to ſurfeit. When you roaſt a loin, take a ſharp penknife and cut the ſkin acroſs, to make the crackling eat the better. The chine muſt be cut, and ſo muſt all pork that has the rind on. Roaſt a leg of pork thus:—Take a knife, as above, and ſcore it; ſtuff the knuckle part with ſage and onion chopped fine, with pepper and ſalt; or cut a hole under the twiſt, and put the ſage, &c. there, and ſkewer it up with a ſkewer: roaſt it criſp, becauſe moſt people like the rind criſp, which they call crackling. Make ſome good apple ſauce, and ſend it up in a boat; then have a little drawn gravy to put in the diſh. This they call a mock-gooſe. The ſpring, or hand of pork, if very young, roaſted like a pig, eats very well; or take the ſpring, and cut off the ſhank or knuckle, and ſprinkle ſage and onion over it, and roll it round, and tie it with a ſtring, and roaſt it

two

two hours, otherwiſe it is better boiled. The ſpare-rib ſhould be baſted with a little bit of butter, a very little duſt of flour, and ſome ſage ſhred ſmall; but we never make any ſauce to it but apple ſauce. The beſt way to dreſs pork griſkins is to roaſt them, baſte them with a little butter and ſage, and a little pepper and ſalt. Few eat any thing with theſe but muſtard.

Pork *Steaks.* They require more broiling than mutton ſteaks. When they are enough put in a little good gravy. A little ſage, rubbed very fine, ſtrewed over them, gives them a fine taſte.

Or,—Cut a neck of pork which has been kept ſome time, and pare the ſteaks properly: you may dreſs them in the ſame manner, in every reſpect, as veal cutlets, and in as many different ways, ſerving them with any ſort of ſtewed greens or ſauces.

Pork *Cutlets.* Skin a loin of pork, and divide it into cutlets; ſtrew ſome parſley and thyme cut ſmall, with ſome pepper, ſalt, and grated bread over them; broil them of a fine brown; have ready ſome good gravy, a ſpoonful of ready-made muſtard, two ſhallots ſhred ſmall; boil theſe together over the fire, thickened with a piece of butter rolled in flour, and a little vinegar, if agreeable. Put the cutlets into a hot diſh, and pour the ſauce over them.

To force Hogs' Ears. Take two or three pair of ears, parboil them, or take them ſouſed; then take an anchovy, ſome ſage, ſome parſley, half a pound of ſuet chopped ſmall, ſome crumbs of bread, and a little pepper; mix all of them together with the yolk of an egg, ſtuff them, and fry them in freſh butter till they are of a light brown; then pour away all the fat, and put to

them half a pint of very rich gravy, a glaſs of Madeira, three tea-ſpoonfuls of muſtard, a little bit of butter rolled in flour, a ſmall onion whole, and a little pepper; cover them cloſe, ſtew them very gently for half an hour, and ſhake the pan often; when they are enough, take them out, and pour the ſauce over them, but firſt take out the onion. To improve the diſh, the meat may be ſliced from the feet, and added. Put in ſalt enough to give it a proper flavour.

Hogs' Ears à la St. Menhoult. One feet and ears for this is quite enough; blanch them in water, ſplit the feet, and with a couple of ſlices of bacon, and a flat ſtick like a bit of lath, tie them together again to keep of a neat ſhape; ſtew them in a braze ſeparate from any thing elſe, till they are very tender; ſtrip the ears as fine as poſſible; and for your ſauce, take a large onion cut very thin in ſlices, and fry brown in a bit of butter; ſtrain them off, and put them into a clean ſtewpan to the ears, with a ladle of cullis, and a daſh of white wine, pepper, and ſalt; let it ſtew a quarter of an hour, with a morſel of ſhallot, a ſpoonful of good muſtard; ſqueeze in a lemon or orange, and a little minced parſley, and diſh up with your feet fried in the ſame manner as ſheeps' rumps, to lay round.

Hogs' Feet brazed and broiled. Clean the feet very well, and cut them in two; put thin ſlices of lard between each two halves; tie them two and two together; then ſimmer them about ſix hours, with two glaſſes of white wine, one of brandy, a little hog's-lard, ſpices, a faggot of parſley and ſweet herbs, three ſhallots, and one clove of garlick. When done, let them cool in the braze; untie them, baſte with their own fat, and

ſtrew

ſtrew them over with bread-crumbs; broil of a fine colour; ſerve with or without ſauce. They may alſo be fried, baked, ragoo'd, &c.

Chine of PORK, *poivrade ſauce.* Salt it about three days; then roaſt it, and ſerve with ſauce-poivrade. You may alſo ſend Robert ſauce in the ſame boat.

Hogs' Tails of different faſhions. Stew the tails very tender in broth, with a clove of garlic, whole pepper, ſalt, a little thyme, and two laurel leaves. When done, ſerve with what ſauce you pleaſe; or broiled with crumbs of bread, with muſtard ſauce in a ſauce-boat, alſo with ſtewed cabbages, &c.

To Barbecue a Leg of PORK. Chuſe a fine large leg, lay it down to a good fire, and baſte it well with red wine all the time it is roaſting. When it is enough, take up what is left in the pan, put to it two anchovies, the yolks of three eggs boiled hard and pounded fine, with a quarter of a pound of butter and half a lemon, a bunch of ſweet herbs, a tea-ſpoonful of lemon-pickle, a ſpoonful of catchup, and one of tarragon vinegar, or a little tarragon ſhred ſmall; boil them a few minutes, then draw your pork, and cut the ſkin down from the bottom of the ſhank in rows an inch broad, raiſe every other row, and roll it to the ſhank; ſtrain your ſauce, and pour it in boiling hot, lay oyſter patties all round the pork, and ſprigs of green parſley.

To ſtuff a Chine of PORK. Take a chine of pork that has hung four or five days; make four holes in the lean, and ſtuff it with a little of the fat leaf, chopped very ſmall, ſome parſley, thyme, a little ſage and ſhallot cut very fine, ſeaſoned with pepper, ſalt, and nutmeg. It

muſt be ſtuffed pretty thick. Have ſome good gravy in the diſh. For ſauce, apple-ſauce, and potatoes.

Another way. Make a ſtuffing of the fat leaf of pork, parſley, thyme, ſage, eggs, crumbs of bread; ſeaſon it with pepper, ſalt, ſhallot, and nutmeg, and ſtuff it thick; then roaſt it gently, and when it is about a quarter roaſted, cut the ſkin in ſlips; and make your ſauce with apples, lemon-peel, two or three cloves, and a blade of mace; ſweeten it with ſugar, put ſome butter in, and have muſtard in a cup.

Another way. Take a chine that has been hung about a month, boil it half an hour, then take it up and make holes in it all over the lean part, one inch from another, ſtuff them betwixt the joints with ſhred parſley, rub it all over with the yolk of eggs, ſtrew over it bread-crumbs, baſte it, and ſet it in a Dutch oven. When it is enough, lay round it boiled broccoli, or ſtewed ſpinach. Garniſh with parſley.

Hog's Head au Sanglier, or Wild-boar faſhion. Cut the head cloſe to the ſhoulder, bone the neck part, part the fleſh from the noſe as far as the eyes, cut off the bone, lard the inſide with bacon, ſeaſoned with pepper, ſalt, and ſpices; rub it all over with ſalt, and half an ounce of pounded ſalt-petre; put it in a pickle pan with half a handful of juniper berries, ſweet herbs, ſix laurel leaves, baſil, eight cloves, whole pepper, and half a handful of coriander ſeed; let it lie for about eight days, rubbing it every day; then take it out and wipe it dry; tie it well, boil it with three pints of red wine, and as much water as will properly boil it, with onions, carrots, a large faggot of ſweet herbs, two cloves of garlic, four cloves, and two pounds of hogs'-lard; when near done, taſte

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the braze, and add ſalt, if neceſſary; when it gives under the finger, it is done; let it cool in the braze; ſerve cold upon a napkin. You may garniſh with bay leaves or parſley, according to fancy. You may dreſs it without the hogs'-lard, as directed.

A Hog's Head like Brawn. Waſh it well, boil it till the bones will come out; when cold, put the inſide of the cheeks together, with ſalt between; put the ears round the ſides, put the cheeks into a cloth, preſs them into a ſieve, or any thing round, put on a weight for two days; have ready a pickle of ſalt and water, with about a pint of malt boiled together; when cold, put in the head.

POSSETS.

An Orange Posset. Put the crumb of a penny loaf, grated very fine, into a pint of water, or rather more; and half the peel of a Seville orange grated, or ſugar rubbed upon it to take out the eſſence; boil all together till it looks thick and clear, then beat it very well. Then take a pint of mountain wine, the juice of half a Seville orange, three ounces of Jordan almonds, and one ounce of bitter, beat fine, with a little French brandy and ſugar to your taſte; mix it well, and put it in your poſſet, and ſerve it up.

A lemon poſſet is made in the ſame manner.

Wine Posset. Boil the crumb of a penny loaf in a quart of milk till it is ſoft, then take it off the fire, and grate in half a nutmeg; put in ſugar to your taſte; then put it in a china bowl, and put in by degrees a pint of

Liſbon

Liſbon wine. Serve it up with toaſt and butter upon a plate.

Ale POSSET. Put a little white bread into a pint of milk, and ſet it over the fire; then put ſome nutmeg and ſugar into a pint of ale, warm it, and when your milk boils, pour it upon the ale. Let it ſtand a few minutes to clear, and the curd will riſe to the top.

A White-pot. Take two quarts of milk, eight eggs, and half the whites, beat up with a little roſe-water, a nutmeg, and a quarter of a pound of ſugar; cut a penny loaf in very thin ſlices, and pour milk and eggs over. Put a little piece of butter on the top. Bake it half an hour in a ſlow oven.

A Rice White-pot. Boil a pound of rice in two quarts of milk till it is tender and thick; beat it in a mortar with a quarter of a pound of ſweet almonds blanched; then boil two quarts of cream, with a few crumbs of white bread, and two or three blades of mace; mix it well with eight eggs, and a little roſe-water, and ſweeten to your taſte. Cut ſome candied orange or citron peels thin, and lay it in. It muſt be put into a ſlow oven.

Sack POSSET. Grate three Naples biſcuits to one quart of cream, or new milk; let it boil a little, ſweeten it, grate ſome nutmeg. When a little cool, pour it high from a tea-pot to a pint of ſack a little warmed, and put it into a baſon or deep diſh.

Another way. Beat the yolks and whites of fifteen eggs very well, and ſtrain them; then put three quarters of a pound of white ſugar into a pint of canary, and mix it with your eggs in a baſon; ſet it over a chafing-diſh of coals, and keep continually ſtirring it till it is

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ſcalding hot. In the mean time, grate ſome nutmeg in a quart of milk, and boil it, then pour it into your eggs and wine, they being ſcalding hot. Hold your hand very high as you pour it, and let ſomebody ſtir it all the time you are pouring in the milk; then take it off the chafing-diſh, ſet it before the fire half an hour, and ſerve it up.

Another way. Take four Naples biſcuits, and crumble them into a quart of new milk, when it boils. Juſt give it a boil, take it off, grate in ſome nutmeg, and ſweeten to your palate; then pour in half a pint of ſack, ſtirring it all the time, and ſerve it up. You may, if you pleaſe, crumble white bread inſtead of biſcuit.

POTTING.

All potted articles ſhould be well covered with butter before they are ſent to the oven; it is alſo neceſſary to tie them over with ſtrong paper, and to bake them well. When your meat is taken from the oven, pick out all the ſkins quite clean, and drain the meat from the gravy, otherwiſe the ſkins will appear as blemiſhes, and the gravy will ſoon turn it ſour. Let your ſeaſoning be well beat before you put in your meat, and put it in by degrees as you are beating. Preſs your meat well when you put it in your pots, and let it be quite cold before the clarified butter is poured over it.

To Pot *Beef like Veniſon.* Cut the lean of a buttock of beef into pound pieces; for eight pounds of beef take four ounces of ſalt-petre, a pint of white ſalt, and an ounce of ſal prunella; beat the ſalts all very fine, mix

mix them well together, rub the ſalts into the beef; then let it lie four days, turning it twice a day; then put it into a pan, cover it with pump water, and a little of its own brine; then bake it in an oven with houſhold bread, till it is as tender as a chicken; take it from the gravy, bruiſe it abroad, and take out all the ſkin and ſinews; then pound it in a marble mortar, and lay it in a broad diſh; mix in it an ounce of cloves and mace, three quarters of an ounce of pepper, and one nutmeg, all beat very fine. Mix it all very well with the meat, then clarify a little freſh butter, and mix with the meat, to make it a little moiſt; mix it very well together, preſs it down into pots very hard, ſet it at the oven's mouth juſt to ſettle, and cover it two inches thick with clarified butter. When cold, cover it with white paper.

To POT *Veniſon.* If your veniſon happen to be ſtale, rub it with vinegar, and let it lie one hour; then dry it clean with a cloth, and rub it all over with red wine; ſeaſon it with beaten mace, pepper, and ſalt; put it on an earthen diſh, and pour over it half a pint of red wine, and a pound of butter, and ſet it in the oven; (if it be a ſhoulder, put a coarſe paſte over it) and bake it all night. When it comes out, pick it clean from the bones, and beat it in a marble mortar, with the fat from your gravy. If you find it not ſeaſoned enough, add more ſeaſoning and clarified butter, and keep beating it till it is a fine paſte: then preſs it hard down into your pots, and pour clarified butter over it; keep it in a dry place.

To POT *a Hare.* Let the hare hang for ſome days, then cut it into pieces, bake it, with a little beer at the bot-

bottom of the pan, and ſome butter on the top; pick it from the bones and ſinews, and beat it with the butter from the top of the gravy, adding enough to make it very mellow; add ſalt, pepper, and pounded cloves; put it into pots, and ſet it a few minutes in a ſlack oven, pour over clarified butter.

Another way. Hang up your hare four or five days with the ſkin on, then caſe it, and cut it in quarters; put it in a pot, ſeaſon it with pepper, ſalt, and mace; put a pound of butter over it, and bake it four hours. When it comes out, pick it from the bones, and pound it in a mortar with the butter that comes off your gravy, and a little beaten cloves and mace, till it is fine and ſmooth, then put it cloſe down in potting-pots, and put clarified butter over it; tie it over with white paper.

To POT *Eels.* Skin and cleanſe a large eel, waſh it very clean, dry it in a cloth, and cut it into pieces as long as your finger. Seaſon them with a little beaten mace and nutmeg, pepper, ſalt, and a little ſal prunella beat fine; lay them in a pan, then pour as much good butter over them as will cover them, clarified as above. When they are baked, lay them on a coarſe cloth to drain. When quite cold, ſeaſon them again with the ſame ſeaſoning, and lay them in the pot cloſe; then take off the butter they were baked in clear from the gravy of the fiſh, and ſet it in a diſh before the fire: when it is melted pour the clear butter over the eels, and let them be well covered with it.

To POT *Tongues.* Rub a neat's tongue with an ounce of ſalt-petre, and a quarter of a pound of brown ſugar; let it lie two days, and then boil it till it is quite tender; take off the ſkin and ſide-bits, cut the tongue into

very thin ſlices; and beat it in a marble mortar, with a pound of clarified butter, pepper, ſalt, and mace to your taſte. Beat the whole very fine, then put it cloſe down into ſmall potting-pots, and pour clarified butter over them.

To POT *Lampreys.* Skin them, cleanſe them with ſalt, and then wipe them dry; beat ſome black pepper, mace, and cloves; mix them with ſalt, and ſeaſon them. Lay them in a pan, and cover them with clarified butter: bake them an hour. In other reſpects, manage them as above directed for eels, and one will be enough for a pot. You muſt ſeaſon them well; let your butter be good, and they will keep a long time.

To POT *Pigeons.* Seaſon your pigeons very high with pepper and ſalt, put them into a pot with butter in lumps; bake them, and pour off the fat and gravy; when it is cold, take the butter from the top, put more to it; clarify it, pour it over the pigeons, put ſingly into a pot, with a little more ſeaſoning added to them.

Woodcocks and ſnipes are done in the ſame way.

Another way Pick and draw your pigeon, cut off the pinions, waſh them clean, put them into a ſieve to drain, then dry them with a cloth, and ſeaſon them with pepper and ſalt; roll a lump of butter in chopped parſley, and put it into the pigeons: ſew up the vent, then put them into a pot with butter over them; tie them down, and ſet them in a moderately-heated oven. When they are taken out, put them into potting-pots, and cover them well with clarified butter.

To POT *Veal.* Take part of a knuckle or fillet of veal that has been ſtewed, or bake it on purpoſe for potting; beat it to a paſte with butter, ſalt, white pepper,

per, and mace pounded; preſs it down in pots, and pour over it clarified butter.

Another way. Take a fillet of veal, cut it into three or four pieces, ſeaſon it with pepper, ſalt, and a little mace; put it into pots with half a pound of butter; tie a paper over it, ſet it in a hot oven, and bake it three hours. When you take it out, cut off all the outſides, then put the veal into a marble mortar, and beat it with the fat from your gravy; then oil a pound of freſh butter, and put it in, a little at a time, and keep beating it till you ſee it is like a fine paſte; then put it cloſe down into your potting-pots, put a paper upon it, and ſet on a weight to preſs it hard. When your veal is cold and ſtiff, pour over it clarified butter, the thickneſs of a crown piece, and tie it down.

To POT *Salmon.* Scale, waſh, and dry a ſalmon that is quite quite freſh; ſlit it up the back, and take out the bone; mix ſome grated nutmeg, mace, pepper, and ſalt, and ſtrew over the fiſh; let it lie for two or three hours, then lay it in a large pot, and put to it half a pound of butter; put it in an oven, and let it bake an hour: when it is done, lay it on ſomething flat, that the oil may run from it; then cut it to the ſize of the pots it is to be put in, lay the pieces in layers till the pots are filled, with the ſkin uppermoſt; put a board over it, and lay on a weight to preſs it till cold; then take the board and weight off, and pour over it clarified butter. It may be ſent to table in pieces, or cut in ſlices.

To POT *Moor Game.* Pick and draw them, wipe them clean, and let them be well ſeaſoned with pepper, ſalt, and mace; put one leg through the other, roaſt them till they are enough, and when cold, put them into pot-

ting-pots, pour clarified butter over them, and keep them in a dry place.

POTATOES.

To dreſs POTATOES. Boil them in as little water as you can without burning the ſaucepan; cover the ſaucepan cloſe, and when the ſkin begins to crack, they are enough: drain all the water out, and let them ſtand covered for a minute.

To fry POTATOES. Cut your potatoes into thin ſlices, as large as a crown piece, fry them brown, lay them in the plate or diſh, pour melted butter and ſack and ſugar over them. Theſe make a pretty corner plate.

To maſh POTATOES. Boil them, peel them, and put them into a ſaucepan; maſh them well, and put a pint of milk to two pounds of potatoes; add a little ſalt, ſtir them well together, and take care that they do not ſtick to the bottom; then take a quarter of a pound of butter, ſtir it in, and ſerve it up.

To ſcollop POTATOES. Having firſt boiled your potatoes, beat them fine in a bowl with good cream, and a lump of butter and ſalt; put them into ſcollop ſhells, make them ſmooth on the top, ſcore them with a knife, lay thin ſlices of butter on the top of them, put them in a Dutch oven to brown before the fire. Three ſhells is ſufficient for a diſh.

Another way. The meally ſort are beſt. Boil them, beat them very fine, put to them cream, the yolk of an egg, pepper, ſalt, a piece of butter: do not make them too moiſt. Fill ſome ſcollop-ſhells, ſmooth the tops with the back of a ſpoon, rub them over with a little yolk of egg, ſet them in a Dutch oven to brown: they will

will riſe before the fire, and, if nicely done, are a pretty ſupper diſh.——See PUDDINGS.

POWDERS.

The heavier claſs of powders is moſt conveniently taken in ſyrups, jelly, or honey;—the lighter ſorts may be taken in tea, water gruel, or any thin liquid.

Strengthening POWDER. Take of alum and Japan earth, each two drams; pound them together, and divide them into ten or twelve doſes:—in certain diſcharges, when too exceſſive, one doſe may be taken every hour or half hour.

Steel POWDER. This is for the ſame purpoſe as the above:—Take filings of ſteel and loaf-ſugar, each two ounces; ginger, two drams; mix them well together: where the uſe of *ſteel* is proper, (ſee *Diſorders of Women*) a tea-ſpoonful of this powder may be taken twice a day, with a little wine after it.

Carminative POWDER. Coriander ſeeds, half an ounce; ginger, one dram; nutmegs, half a dram; fine ſugar, a dram and a half. Make them into a powder for twelve doſes.

In expelling wind ariſing from indigeſtion, and in moſt hyſteric and hypochondriacal caſes, this powder may be ſafely employed; and may alſo be given in ſmall quantities to children who are troubled with the gripes.

Aromatic opening POWDER. Beſt Turkey rhubarb, cinnamon, and fine ſugar, each two drams; pound the ingredients, and mix them well afterwards.

In wind accompanied with coſtiveneſs, a tea-ſpoonful of this powder may be taken once or twice a day, as circumſtances render neceſſary.

Sweat-

Sweating POWDER. Take purified nitre and vitriolated tartar, each half an ounce; opium and ipecacuanha, each one dram: mix the ingredients, and reduce them to a fine powder.

In obſtinate rheumatiſms, and other caſes where it is neceſſary to excite a copious ſweat, this powder may be given in the doſe of a ſcruple, or half a dram; and muſt be accompanied with a plentiful uſe of warm diluting liquors.

Cephalic, or Sneezing POWDER. Take of aſarum, marjoram, marum ſyriacum leaves, dried; lavender flowers, dried; each equal weights: rub or beat them together into a fine powder.—This powder is equally agreeable and efficacious, and very ſuperior to thoſe compoſitions ſold under the name of *herb ſnuff*.

Worm POWDER. Take of tin reduced into a fine powder, an ounce; Æthiops mineral, two drams; mix them well together, and divide the whole into ſix doſes.

One of theſe powders may be taken in a little ſyrup, honey, or treacle, twice a day: and after they have been all uſed, give a few doſes of rhubarb or jalap.—See WORMS.

Reſtorative POWDER. Take extract of Peruvian bark, twelve grains; ſalt of ſteel, two grains; oil of cinnamon, one drop; fine ſugar, half a dram. Having mixed the oil with the ſugar, add the other ingredients, and grind the whole well together for two doſes.——In lax habits, debilities of the nervous ſyſtem, and weakneſſes of either ſex, this compoſition has ſingular good effects.

Chalk POWDER. Take white chalk prepared, four ounces; nutmeg, half a dram; cinnamon, half a dram: mix them into a powder.—For weakneſs or acidity of the ſtomach, heart-burn, and ſimilar indiſpoſitions, this

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will be found very beneficial, and equal to more coſtly medicines.

PREGNANCY.—See DISORDERS *of* WOMEN.

PRESERVING.

To preſerve WALNUTS *white.* Pare your walnuts till only the white appears, and be careful in doing them that they do not turn black, and as faſt as you do them throw them into ſalt and water, and let them lie till your ſugar is ready. Take three pounds of good loaf-ſugar, put it into your preſerving-pan, ſet it over a charcoal fire, and put as much water as will juſt wet the ſugar. Let it boil, then have ready ten or twelve whites of eggs ſtrained and beat up to froth; cover your ſugar with a froth as it boils, and ſkim it; then boil it, and ſkim it till it is as clear as chryſtal, then throw in your walnuts, juſt give them a boil till they are tender, then take them out, and lay them in a diſh to cool; when cool, put them in your preſerving-pan, and when the ſugar is as warm as milk, pour it over them. When quite cold, paper them down.

Thus clear your ſugar for all preſerves, apricots, peaches, gooſeberries, currants, &c.

To preſerve WALNUTS *black.* Take walnuts of the ſmaller kind, put them in ſalt and water, and change the water every day for nine days; then put them in a ſieve, and let them ſtand in the air till they begin to turn black. Put them into a jug, pour boiling water over them, and let them ſtand till the next day: then put them into a ſieve to drain, ſtick a clove in each end of your walnut, put them into a pan of boiling water, and

and let them boil five minutes. Make a thin ſyrup, and ſcald them in it three or four times a day, till your walnuts are black and bright. Make a thick ſyrup with a few cloves, and a little ginger cut in ſlices: ſkim it well, put in your walnuts, boil them five or ſix minutes, and then put them into your jars. Lay brandy-paper over them, and tie them down cloſe with a bladder. They will eat better the ſecond year after their keeping than in the firſt, as their bitterneſs goes off with time.

To preſerve WALNUTS *green.* Gather your walnuts when they are not much larger than a good nutmeg, wipe them very clean, and lay them in ſtrong ſalt and water twenty-four hours; then take them out, and wipe them very clean; have ready a ſtewpan of boiling water, throw them in, let them boil a minute, and take them out; lay them on a coarſe cloth, and boil your ſugar as directed for the white walnuts; then juſt give your walnuts a ſcald in the ſugar, take them up, and lay them to cool. Put them in your preſerving-pot, and pour on your ſyrup.

To preſerve BARBERRIES *for Tarts.* Take female barberries, and add to them their weight in ſugar, put them into a jar, and ſet them in a kettle of boiling water till the ſugar is melted, and the barberries are become quite ſoft; the next day put them into a preſerving-pan, and boil them a quarter of an hour; then put them in jars, and keep them in a place that is dry and cool.

To preſerve ORANGES *whole.* Get the beſt Bermudas or Seville oranges, pare them very thin with a penknife, and lay your oranges in water three our four days, ſhifting them every day; then put them in a kettle with fair water, and put a board on them to keep them down in

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the water, and have a ſkillet on the fire with water, that may be ready to ſupply the kettle with boiling water; as it waſtes, it muſt be filled up three or four times while the oranges are doing, for they will take up ſeven or eight hours boiling; they muſt be boiled till a white ſtraw will run through them, then take them up and ſcoop the ſeeds out of them very carefully, by making a little hole in the top; then weigh them, and to every pound of oranges, put a pound and three quarters of double-refined ſugar, beat well, and ſifted through a clean lawn ſieve; fill your oranges with ſugar, and ſtrew ſome on them. Let them lie a little while, and make your jelly thus:—Take two dozen pippins of john-apples, and ſlice them into water, and when they are boiled tender, ſtrain the liquor from the pulp, and to every pound of oranges you muſt have a pint and a half of this liquor, and put to it three quarters of the ſugar you left in filling the oranges; ſet it on the fire, and let it boil; ſkim it well, and put it in a clean earthen pan till it is cold, then put it in your ſkillet; put in your oranges; with a ſmall bodkin job your oranges as they are boiling, to let the ſyrup into them; ſtrew on the reſt of your ſugar while they are boiling, and when they look clear, take them up, and put them in your glaſſes; put each one in a glaſs juſt fit for it, and boil the ſyrup till almoſt a jelly, then fill up your glaſſes: when they are cold, paper them up, and keep them in a dry place.

To preſerve ORANGES *carved.* Get ſome fine Seville oranges, cut the rinds with a penknife in what form you pleaſe, draw out the part of your peel as you cut them, and put them into ſalt and hard water; let them ſtand for three days to take out the bitter, then boil them an

hour in a large ſaucepan of freſh water, with ſalt in it, but do not cover them, as it will ſpoil the colour; then take them out of the ſalt and water, and boil them ten minutes in a thin ſyrup for four or five days together; then put them into a deep jar, let them ſtand two months; afterwards make a thick ſyrup, and juſt give them a boil in it; let them ſtand till the next day, then put them in your jar, with brandy-papers over; tie them down with a bladder, and keep them for uſe.

You may preſerve whole oranges, without carving, the ſame way, only do not let them boil ſo long, and keep them in a very thin ſyrup at firſt, or it will make them ſhrink and wither. Always obſerve to put ſalt in the water for either oranges preſerved, or any kind of orange chips.

To preſerve MOREL CHERRIES. Gather your cherries when they are ripe, take off the ſtalks, and prick them with a pin. To every pound of cherries, put a pound and a half of loaf-ſugar. Beat part of your ſugar, ſtrew it over them, and let them ſtand all night. Diſſolve the reſt of your ſugar in half a pint of the juice of currants, ſet it over a ſlow fire, and put in the cherries with the ſugar, and give them a gentle ſcald; then take them carefully out, boil your ſyrup till it is thick, and pour it upon your cherries.

Another way. Stone your cherries, and to one pound of them, allow one pound of ſugar, and half a pint of water, with which make a ſyrup, well boiled and ſkimmed; put in the cherries, give them a ſcald; the next day boil them on a ſlow fire till they look clear: when cold, lay a paper on them, let them ſtand all night, then boil and ſkim half a pint of currant-juice (half red, half white)

white) and a pound of ſugar; warm the cherries, put them into this, with more than a quarter of a pint of the firſt ſyrup, in proportion to each pound of cherries; juſt boil them in this, ſtir them gently till cool; cover them with brandy-paper.

To preſerve Green-gage PLUMS. Gather ſome of your fineſt plums juſt before they are ripe, and put them into a pan with a layer of vine leaves under them, then put a layer of vine leaves over them, and a layer of plums on them, and proceed in the ſame manner till your pan is almoſt full, then fill it with water, and ſet them on a ſlow fire: when they are hot, and the ſkins begin to riſe, take them off, take the ſkins carefully off, and put them on a ſieve as you do them; then lay them in the ſame water, with a layer of leaves as before; cover them cloſe, that no ſteam may get out, and hang them a conſiderable diſtance from the fire till they appear green, which will be five or ſix hours, or longer; then take them carefully up, lay them on a hair ſieve to drain, make a good ſyrup, boil them gently in it twice a day for two days, then take them out, and put them into a fine clean ſyrup; cover them with brandy-paper, and keep them for uſe.

To preſerve white CITRONS. Having cut ſome white citrons into pieces, put them into ſalt and water, and let them remain there four or five hours, then take them out, and waſh them in clean water; boil them till they are tender, drain them, and cover them with clarified ſugar; after letting them ſtand twenty-fours, drain the ſyrup and boil it ſmooth: when cold, put in the citrons, and let them ſtand till the next day; then boil the ſyrup quite ſmooth, and pour it over the citrons; boil all to-

gether the next day, and put them into a pot to be candied, or into jellies.

To preſerve LEMONS. Pare your lemons very thin, then make a round hole on the top, of the ſize of a ſhilling, and take out all the pulps and ſkins. Rub them with ſalt, and put them in ſpring water as you do them, which will prevent their turning black; let them lie in it five or ſix days, and then boil them in freſh ſalt and water fifteen minutes: have ready made a thin ſyrup, of a quart of water and a pound of loaf-ſugar; boil them in it for five minutes once a day, for four or five days, and then put them in a large jar: let them ſtand for ſix or eight weeks, and it will make them look clear and plump; then take them out of that ſyrup, or they will mould. Make a ſyrup of fine ſugar, put as much water to it as will diſſolve it, boil and ſkim it; then put in your lemons, and boil them gently till they are clear: put them into a jar, with brandy-paper over them, and tie them down cloſe.

To preſerve ERINGO *Roots.* Parboil ſome eringo roots till they are tender, peel them, waſh them, and dry them with a cloth, and cover them with clarified ſugar; boil them gently till they look clear, and the ſyrup ſeems to be thickiſh; put them up when half cold.

CURRANTS *preſerved in Jelly.* Clip your currants from the ſtalks, cut off the black top, and ſtone them. To every pound of fruit, add two pounds of ſugar, and boil it till it blows very ſtrong: put in the currants, and let them boil. Take them from the fire, let them ſtand to ſettle, then let them boil again: put in a pint of currant jelly, let it all ſimmer a little, then take it from the fire. Let it ſettle a little, ſkim it: when cold, put

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it into glaſſes. Take care to diſperſe the currants equally.

To preſerve CURRANTS *for Tarts.* Put a pound of ſugar into a preſerving-pan, for every pound and a quarter of currants, with a ſufficient quantity of juice of currants to diſſolve the ſuga; when it boils, ſkim it, and put in your currants, and boil them till they are very clear. Put them into a jar, cover them with brandy-paper, and keep them in a dry place.

To preſerve RASPBERRIES. If you intend to preſerve the red ſort of raſpberries, gather them on a dry day, when they are juſt turning red, with the ſtalks on about an inch long; lay them ſingly on a diſh, beat and ſift their weight of double-refined ſugar, and ſtrew it over them. To every quart of raſpberries, take a quart of red currant jelly, and put to it its weight of double-refined ſugar: boil and ſkim it well, then put in your raſpberries, and give them a ſcald. Take them off, and let them ſtand for two hours; then ſet them on again, and make them a little hotter; proceed in this manner two or three times till they look clear; but take care to prevent their boiling, as that will occaſion the ſtalks to come off. When they are tolerably cool, put them into jelly-glaſſes, with the ſtalks downwards. White raſpberries may be preſerved in the ſame manner, only uſing white currant jelly inſtead of red.

To preſerve GRAPES.—See MOREL CHERRIES.

To preſerve GOLDEN PIPPINS. Pare and ſlice your pippins, and boil them in ſome water to a maſh, run the liquor through a jelly-bag; put two pounds of loaf-ſugar into a pan, with almoſt one pint of water; boil and ſkim it; put in twelve pippins, pared and cored with

with a ſcoop, and the peel of an orange cut thin; let them boil faſt till the ſyrup is thick, taking them off when they appear to part, putting them on the fire again when they have ſtood a little time; then put in a pint of the pippin-juice, boil them faſt till they are clear, then take them out; boil the ſyrup as much more as is neceſſary, with the juice of a lemon. The orange-peel muſt be firſt put into water for a day, then boiled, to take out the bitterneſs.

To preſerve Green PEAS *till Chriſtmas.* Take fine young peas, ſhell them, throw them into a cullender to drain, then lay a cloth four or five times double on a table, and ſpread them on, dry them very well and have your bottles ready, fill them, and cover them with mutton ſuet; when it is a little cool, fill the necks almoſt to the top, cork them, tie a bladder and a lath over them and ſet them in a cool dry place.

To preſerve French BEANS *all the Year.* Take young beans gathered on a dry day, have a large ſtone jar ready, put a layer of ſalt at the bottom, and then a layer of beans, and ſo on till the jar is full; cover them with ſalt and tie a coarſe cloth over them, and a board on the top, and then a weight to keep it cloſe from the air; ſet them in a dry cellar, and when you uſe them, take ſome out, and cover them up again; waſh them you take out very clean, and let them lie in ſoft water twenty-four hours, ſhifting the water often; when you boil them do not put any ſalt in the water.

To keep white Bullace, Pears, Plums, or Damſens, &c. for Tarts or Pies. Gather them when full grown, and juſt as they begin to turn. Pick all the largeſt out, ſave about two thirds of the fruit, to the other third put

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as much water as you think will cover them, boil and ſkim them; when the fruit is boiled ſoft, ſtrain it through a coarſe hair ſieve, and to every quart of this liquor put a pound and a half of ſugar, boil it and ſkim it, then throw in your fruit, juſt give them a ſcald, take them off the fire, and when cold put them into bottles with wide mouths, pour your ſyrup over them, lay a piece of white paper over them and cover them with oil.

To preſerve GOOSEBERRIES *whole without ſtoning.* Take the largeſt preſerving gooſeberries, and pick off the black eye, but not the ſtalk; then ſet them over the fire in a pot of water to ſcald, cover them very cloſe, but not to boil or break, and when they are tender, take them up into cold water; then take a pound and a half of double-refined ſugar to a pound of gooſeberries, and clarify the ſugar with water, a pint to a pound of ſugar, and when your ſyrup is cold, put the gooſeberries ſingle in your preſerving-pan, put the ſyrup to them, and ſet them on a gentle fire; let them boil, but not too faſt, leſt they break; and when they have boiled, and you perceive that the ſugar has entered them, take them off, cover them with white paper, and ſet them by till the next day. Then take them out of the ſyrup, and boil the ſugar till it begins to be ropy; ſkim it, and put it to them again, then ſet them on a gentle fire, and let them ſimmer ſoftly till you perceive the ſyrup will rope; then take them off, ſet them by till they are cold, cover them with paper; then boil ſome gooſeberries in fair water, and when the liquor is ſtrong enough, ſtrain it out: let it ſtand to ſettle, and to every pint take a pound of double-refined ſugar, then make a jelly of it; put

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the gooſeberries in glaſſes when they are cold; cover them with the jelly the next day, paper them wet, and then half dry the paper that goes in the inſide, it cloſes down better, and then white paper over the glaſs. Set in your ſtove, or a dry place.

To preſerve DAMASCENES. Pick the damaſcenes off the ſtalks, and prick them with a pin, then put them into a deep pot, and with them half their weight of pounded loaf-ſugar; ſet them in a moderate oven till they are ſoft, then take them off and give the ſyrup a boil, and pour it upon them. Having done ſo two or three times, take them carefully out, and put them into the jars you intend to keep them in; then pour over them rendered mutton ſuet, tie a bladder over them, and keep them for uſe in a very cool place.

PUDDINGS.

In boiled puddings, particular care is required that the cloth be clean, and remember to dip it in boiling water, let it be well floured, and give your cloth a ſhake. If it is a bread pudding, tie it looſe; if a batter-pudding, tie it cloſe; and never put your pudding in till the water boils. If you boil in a baſon, butter it, and boil it in plenty of water, without covering the pan, and turn it often. When it is enough, take it up in the baſon, let it ſtand a few minutes to cool, then untie the ſtring, wrap the cloth round the baſon, lay your diſh over it, and turn the pudding out; then take off the baſon and cloth with great care, otherwiſe a light pudding is liable to be broken in turning out. When you make

make a batter-pudding, firſt mix the flour well with a little milk, then gradually put in the ingredients, by which means it will be perfectly ſmooth and without lumps. But, for a plain batter-pudding, the beſt method is to ſtrain it through a coarſe hair ſieve, that it may neither have lumps nor the treadles of the eggs; and for all other puddings, ſtrain the eggs when you beat them. With reſpect to baking, all bread and cuſtard puddings require time, and a moderate oven, that will raiſe and not burn them. Batter and rice puddings, a quick oven. Be particularly careful to butter the pan or diſh before you put in your pudding.

To make a Bread PUDDING. Put a quarter of a pound of butter into a pint of cream, ſet it on the fire and keep it ſtirring; the butter being melted, put in as much grated manchet as will make it light, a nutmeg or ſome other ſpice, and as much ſugar as you pleaſe, three or four eggs and ſome ſalt, mix them together, butter a diſh, then put it in and bake it half an hour.

A boiled Bread PUDDING. Take a pound of the crumbs of French rolls, boil a pint of new milk and pour upon it; take the yolks of ſeven eggs, and the whites of three, beat very well, and mix with the milk and bread; grate in a little nutmeg, butter your cloth, pour in your pudding, tie it up tight, and boil it an hour: for ſauce plain butter.

A Bread and Butter PUDDING. Take a penny French roll two days old, cut off all the cruſt, and cut the crumb into thin ſlices, ſpreading it as you cut it very thin with butter on each ſlice; then take a quarter of a pound of raiſins ſtoned, half a pound of currants well waſhed and picked; then lay a layer of bread and but-

ter, and upon that fruit in a pudding-diſh, ſo cover the fruit with the buttered bread, and when it is diſpoſed of into your diſh, beat up five eggs with a quart of new milk, ſweeten it to your taſte, and put to it a glaſs of roſe-water, pour it into the diſh upon the bread and fruit, and bake it an hour.

To make a light PUDDING. To a pint of cream put ſome cinnamon, mace, and nutmeg, boil it with the ſpice, when it is boiled take out the ſpice, then take out the yolks of eight eggs and four of the whites; beat them well with ſome ſack, then mix them with your cream, ſome ſalt and ſugar, take a halfpenny white loaf and a ſpoonful of flour, then put in ſome roſe-water, beat all theſe well together, and wet a thick cloth and flour it, then put your pudding into it and tie it up, and when the pot boils, it muſt boil an hour. Melt ſome butter, ſack, and ſugar, and pour over it.

Apple PUDDING. Take four or five codlings, ſcald them and bruiſe them through a ſieve, put a quarter of a pound of biſcuits, ſome nutmeg, a pint of cream, and ſweeten to your taſte, ten eggs and half the whites, to bake.

A baked Apple PUDDING. Boil half a pound of apples, and pound them well; take half a pound of butter beaten to a cream, mix it with the apples before they are cold; add ſix eggs, with the whites, well beaten and ſtrained, half a pound of ſugar pounded and ſifted, the rinds of two lemons well boiled and beaten; ſift the peel into clean water twice in the boiling; put a thin cruſt in the bottom and rims of your diſh. It will take half an hour to bake it.—See APPLES.

An

An Apricot PUDDING. Pare ten or twelve apricots; ſcald, ſtone, and bruiſe them; put a pint of boiling cream to the crumb of a penny-loaf grated; when cold, add the yolks of four eggs, ſugar to the taſte, and a little brandy or a glaſs of Madeira. Bake it half an hour, with puff-paſte.

Green Codling PUDDING. Green about a quart of codlings as for a pie, rub them through a hair ſieve, with as much of the juice of beets as will green your pudding; put in the crumb of half a penny-loaf, half a pound of butter, and three eggs well beaten; beat them all together with half a pound of ſugar, and two ſpoonfuls of cyder. Lay a good paſte round the rim of the diſh, and pour it in.

Gooſeberry PUDDING. Scald a pint of green gooſeberries, and rub them through a ſieve; put to them half a pound of ſugar, and an equal quantity of butter, two or three Naples' biſcuits, and four eggs well beaten; mix it well, bake it half an hour.

A Grateful PUDDING. Take a pound of fine flour, and a pound of white bread grated; take eight eggs, with half the whites, beat them up, and mix with them a pint of milk; then ſtir in the bread and flour, a pound of raiſins ſtoned, a pound of currants, half a pound of ſugar, a little beaten ginger; mix all well together, and either bake or boil it. It will take three quarters of an hour baking. Put in cream, if you have it, inſtead of milk; the pudding will be much improved by it.

A Haſty PUDDING. Take a pint of cream, and a pint of milk, a little ſalt, and ſweeten it with loaf-ſugar, make it boil; then put in ſome fine flour, and keep it continually ſtirring while the flour is putting in, till it is

thick enough; when boiled enough, pour it out, and ſtick the tops full of little bits of butter. It may be eaten with ſugar or ſalt.

Another. Put four bay-leaves into a quart of milk, and ſet it on the fire to boil; then beat up the yolks of two eggs, and ſtir in a little ſalt. Take two or three ſpoonfuls of milk and beat up with your eggs, and ſtir in your milk; then with a wooden ſpoon in one hand, and the flour in the other, ſtir it in till it is of a good thickneſs, but not too thick. Let it boil, and keep it ſtirring; then pour it into a diſh, and ſtick pieces of butter here and there. You may omit the eggs; but they are a great addition to the pudding. A little piece of butter ſtirred in the milk makes it eat ſhort, and much improves it. Take out the bay-leaves before you put in the flour.

Herb PUDDING. Of ſpinach, beet, parſley, and leeks, take each a handful; waſh them and ſcald them, then ſhred them very fine; have ready a quart of groats ſteeped in warm water half an hour, and a pound of hogs'-lard cut in little bits, three onions chopped ſmall, and three ſage-leaves hacked fine; put in a little ſalt, mix all well together, and tie it cloſe up. It will require to be taken up in boiling to looſen the ſtring a little.

A Hunting PUDDING. Mix a pound of flour with a pint of cream, and eight eggs that have been well beaten, a pound of beef ſuet, the ſame of currants, have a pound of raiſins ſtoned and chopped, two ounces of candied citron, two ounces of candied orange cut ſmall, a nutmeg, and a glaſs of brandy.

An

An Italian PUDDING. Take a pint of cream, and ſlice in ſome French rolls, as much as you think will make it thick enough; beat ten eggs fine, grate a nutmeg, butter the bottom of the diſh, ſlice twelve pippins into it, throw ſome orange-peel and ſugar over, and half a pint of red wine; then pour your cream, bread, and eggs over it; firſt lay a puff-paſte at the bottom of the diſh, and round the edges, and bake it half an hour.

A Lemon PUDDING. Take three lemons and grate the rinds off, beat up twelve yolks and ſix whites of eggs, put in half a pint of cream, half a pound of fine ſugar, a little orange flower water, a quarter of a pound of butter melted. Mix all well together, ſqueeze in the juice of two lemons; put it over the ſtove, and keep ſtirring it till it is thick; put a puff-paſte round the rim of the diſh, put in pudding-ſtuff, with ſome candied ſweetmeats cut ſmall over it, and bake it three quarters of an hour.

Another. To a pound of flour, well dried and ſifted, put a pound of fine ſugar beat and ſifted, the rind of a lemon grated, twelve eggs, the yolks beat a little by themſelves, and the whites beat till they are all froth; then gently mix all together, put it in a pan, and bake it half an hour.

A Marrow PUDDING. Grate a penny-loaf into crumbs, and pour on them a pint of boiling-hot cream. Cut very thin a pound of beef-marrow, beat four eggs well, and then add a glaſs of brandy, with ſugar and nutmeg to your taſte. Mix them all well together, and either boil or bake it. Three quarters of an hour will

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do it. Cut two ounces of citron very thin; and when you diſh it up, ſtick them all over it.

Another. Take a quarter of a pound of rice, half boil it, half a pound of marrow ſhred very fine, a quarter of a pound of raiſins, ſtoned and chopped ſmall, with two ounces of currants; beat four eggs a quarter of an hour, mix it all together, with a pint of good cream, a ſpoonful of brandy, and ſugar and nutmeg to your taſte. You may either bake it, or put it into ſkins for hog's-puddings.

A Millet PUDDING. Spread a quarter of a pound of butter at the bottom of a diſh; lay into it ſix ounces of millet, and a quarter of a pound of ſugar. When going to the oven, pour over it three pints of milk.

Another. Take half a pound of millet-ſeed, waſh it, and pick it clean, put to it half a pound of ſugar, a whole nutmeg grated, and three quarts of milk. When you have mixed all well together, break in half a pound of freſh butter, and butter your diſh; pour it in, and bake it.

An Oat PUDDING. Take two pounds of oats ſkinned, and new milk enough to drown it; eight ounces of raiſins of the ſun ſtoned, the ſame quantity of currants neatly picked; a pound of ſweet ſuet finely ſhred, ſix new-laid eggs well beat; ſeaſon with nutmeg, beaten ginger, and ſalt; mix it all well together, it will make an excellent pudding.

An Oatmeal PUDDING. Boil a pint of fine oatmeal in three pints of new milk, ſtirring it till it is as thick as haſty-pudding; take it off, and ſtir in half a pound of freſh butter, a little beaten mace and nutmeg, and a gill of ſack; then beat up eight eggs, half the whites,

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ſtir all well together, lay puff-paſte all over the diſh, pour in the pudding, and bake it half an hour. Or you may boil it with a few currants.

An Orange PUDDING. Take the rind of a Seville orange, boil it very ſoft, beat it in a marble mortar, with the juice; put to it two Naples' biſcuits grated very fine, half a pound of butter, a quarter of a pound of ſugar, and the yolks of ſix eggs; mix them well together; lay a good puff-paſte round the edge of your China diſh, bake it in a gentle oven half an hour. You may make a lemon pudding the ſame way, by putting in a lemon inſtead of the orange.

A Calf's Foot PUDDING. Boil four feet tender; pick the niceſt of the meat from the bones, and chop it very fine; add the crumb of a penny-loaf grated, a pound of beef-ſuet ſhred ſmall, half a pint of cream, ſeven eggs, a pound of currants, four ounces of citron cut ſmall, two ounces of candied orange-peel cut like ſtraws, a nutmeg, and a large glaſs of brandy. Butter the cloth and flour it, tie it cloſe, let it boil three hours.

When you take the pudding up, it is beſt to put it in a bowl that will juſt hold it, and let it ſtand a quarter of an hour before you turn it out; lay your diſh upon the top of the baſon, and turn it upſide down.

Another. Take the outſide rind of three Seville oranges, boil them in ſeveral waters till they are tender, then pound them in a mortar, with three quarters of a pound of ſugar; then blanch half a pound of ſweet almonds, beat them very fine, with roſe-water to keep them from oiling; then beat ſixteen eggs, with only ſix whites, a pound of freſh butter, and beat all theſe together till it is light and hollow; then lay a thin puff-paſte

all

all over a diſh, and put in the ingredients. Bake it with your tarts.

A Suet PUDDING. Take a pound of ſhred ſuet, a quart of milk, four eggs, two tea-ſpoonfuls of grated ginger, a little ſalt, and flour enough to make it a thick batter; boil it two hours. It may be made into dumplings, when half an hour will boil them.

A Tanſey PUDDING. Take a quarter of a pound of almonds, blanch them, and beat them very fine with roſe-water; ſlice a French roll very thin, put in a pint of cream boiling-hot; beat four eggs very well, and mix with the eggs when beaten, a little ſugar and grated nutmeg, a glaſs of brandy, a little juice of tanſey, and the juice of ſpinach to make it green. Put all the ingredients into a ſtewpan, with a quarter of a pound of butter, and give it a gentle boil. You may either boil it or bake it in a diſh, either with a cruſt or writing paper.

Another way. Put as much boiling cream to four Naples' biſcuits grated as will wet them, beat the yolks of four eggs: have ready a few chopped tanſey-leaves, with as much ſpinach as will make it a pretty green. Be careful not to put too much tanſey in, becauſe it will make it bitter. Mix all together when the cream is cold, with a little ſugar, and ſet it over a ſlow fire till it grows thick; then take it off, and, when cold, put it in a cloth, well buttered and floured; tie it up cloſe, and let it boil three quarters of an hour; take it up in a baſon, and it let ſtand one quarter, then turn it carefully out, and put white wine ſauce round it.

A Tranſparent PUDDING. Beat eight eggs well, put them in a pan with half a pound of freſh butter, half a

pound

pound of fine powdered ſugar, and half a nutmeg grated; ſet it on the fire, and keep ſtirring it till it is of the thickneſs of buttered eggs; then put it away to cool; put a thin puff-paſte round the edge of your diſh; pour in the ingredients, bake it half an hour in a moderate oven, and ſend it up hot. It is a pretty pudding for a corner for dinner, and a middle for ſupper.

Vermicelli PUDDING. Boil a quarter of a pound of vermicelli in a pint of milk, till it is ſoft, with a ſtick of cinnamon; then take out the cinnamon, and put in half a pint of cream, a quarter of a pound of butter melted, and a quarter of a pound of ſugar, with the yolks of four eggs well beaten.—Bake it in an earthen diſh without a paſte.

A Yorkſhire PUDDING. Take a quart of milk and five eggs, beat them up well together, and mix them with flour till it is of a good pancake batter, and very ſmooth; put in a little ſalt, ſome grated nutmeg and ginger; butter a dripping or frying-pan, and put it under a piece of beef, mutton, or a loin of veal, that is roaſting, and then put in your batter; and when the top-ſide is brown, cut it in ſquare pieces, and turn it, and then let the under ſide be brown. Put it in a hot diſh, as clean from fat as you can, and ſend it to table hot.

Another way. Take a quart of milk, three eggs, a little ſalt, ſome grated ginger, and flour enough to make it as a batter pudding; put it into a ſmall tin dripping-pan, of the ſize for the purpoſe; put it under beef, mutton, or veal, while roaſting. When it is brown, cut it into four or five lengths, and turn it, that the other ſide may become brown.

White PUDDINGS *in ſkins.* Boil half a pound of rice in milk till it is ſoft, having firſt waſhed the rice well in warm water. Put it into a ſieve to drain, and beat half a pound of Jordan almonds very fine with ſome roſe-water. Waſh and dry a pound of currants, cut a pound of hog's-lard in ſmall bits, beat up ſix eggs well, half a pound of ſugar, a large nutmeg grated, a ſtick of cinnamon, a little mace, and a little ſalt. Mix them well together, fill your ſkins, and boil them.

To make Black PUDDINGS. Before you kill a hog, get a peck of groats, boil them half an hour in water, then drain them, and put them into a clean tub, or large pan; then kill your hog, and ſave two quarts of the blood, and keep ſtirring it till it becomes quite cold; then mix it with your groats, and ſtir them well together. Seaſon with a large ſpoonful of ſalt, a quarter of an ounce of cloves, mace, and nutmeg together, an equal quantity of each; dry it, beat it well, and mix in. Take a little winter ſavoury, ſweet marjoram, and thyme, penny-royal ſtripped of the ſtalks and chopped very fine; juſt enough to ſeaſon them, and to give them a flavour, but no more. The next day take the leaf of the hog, and cut into dice, ſcrape, and waſh the guts very clean, then tie one end, and begin to fill them. Mix in the fat as you fill them, be ſure to put in a good deal of fat, fill the ſkins three parts full, tie the other end, and make your puddings what length you pleaſe; prick them with a pin, and put them in a kettle of boiling water. Boil them very ſoftly an hour, then take them out, and lay them on clean ſtraw.

Peas PUDDING. Boil it till it is quite tender, then take it up, untie it, ſtir in a good piece of butter, a little.

little ſalt, and a good deal of beaten pepper; then tie it up tight again, boil it an hour longer, and it will eat fine.

A Plain PUDDING. Put into a pint of milk three laurel leaves, a little grated lemon peel, and a bit of mace; boil it, then ſtrain it off, and with a little flour make it into a pretty thick haſty pudding; then ſtir into it a quarter of a pound of butter, two ounces of ſugar, half a ſmall nutmeg grated, five yolks and three whites of eggs; beat them well up all together, pour it into a diſh, and bake it.

Another. Take the yolks and whites of three eggs, beat them together, with two large ſpoonfuls of flour, a little ſalt, and half a pint of milk or cream; make it the thickneſs of a pancake batter, and beat all very well together. It will take half an hour to boil it.

Plum PUDDING. Cut a pound of ſuet into little pieces, but not too fine; take a pound of currants waſhed clean, a pound of raiſins ſtoned, eight yolks of eggs, and four whites, half a nutmeg grated, a tea-ſpoonful of beaten ginger, a pound of flour, and a pint of milk: beat the eggs firſt, then put to them half the milk, and beat them together; and, by degrees, ſtir in the flour, then the ſuet, ſpice, and fruit, and as much milk as will mix it well together very thick. It will take five hours boiling.

An excellent Plum PUDDING. Take one pound of ſuet, one pound of currants, and one pound of raiſins ſtoned; the yolks of eight eggs, and the whites of four; the crumb of a penny-loaf grated, one pound of flour, half a nutmeg, a tea-ſpoonful of grated ginger, a little ſalt, and a ſmall glaſs of brandy; beat the eggs firſt,

mix them with ſome milk. By degrees add the flour and other ingredients, and what more milk may be neceſſary; it muſt be very thick and well ſtirred. It will require five hours boiling.

A Potatoe PUDDING. Boil a quarter of a pound of potatoes till they are ſoft, peel them, and maſh them with the back of a ſpoon, and rub them through a ſieve to have them fine and ſmooth; then take half a pound of freſh butter melted, half a pound of fine ſugar, and beat them well together till they are ſmooth: beat ſix eggs, both yolks and whites, ſtir them in with a glaſs of ſack or brandy: you may, if you pleaſe, add half a pint of currants. Boil it half an hour. Melt ſome butter, and put into it a glaſs of white wine, ſweeten it with ſugar, and pour it over it.

Another. Take two pounds of potatoes, boil them ſoft, and beat them in a mortar fine; beat in half a pint of melted butter, boil it half an hour, pour melted butter over, with a glaſs of white wine, or the juice of a Seville orange, and throw ſugar all over the pudding and diſh.

A Quaking PUDDING. Take a quart of cream, boil it, and let it ſtand till almoſt cold, then beat four eggs a full quarter of an hour, with a ſpoonful and a half of flour; then mix them with your cream, add ſugar and nutmeg to your palate, tie it cloſe up in a cloth well buttered; let it boil an hour, and turn it carefully.

A Rabbit PUDDING. Take the meat of a large roaſted rabbit, chop it very fine with the liver, ſoak the bones in a pint of cream about an hour; boil ſix onions in broth, with a faggot of parſley, ſhallots, two cloves, pepper, and ſalt; boil it till the liquid is of a thick con-

conſiſtence, chop the onions very fine, mix them with the meat and bread-crumbs ſoaked in cream, and the cream wherein you ſoaked the bones; add eight yolks of eggs, three quarters of a pound of lard cut in ſmall pieces, ſalt, and ſpices to taſte.

Puddings may thus be made of all ſorts of poultry or game. They may be boiled in a cloth, as a common bread pudding, and ſerved with a reliſhing ſauce.

A Rice PUDDING. Put a quarter of a pound of rice into a ſaucepan, with a quart of new milk, and a ſtick of cinnamon; ſtir it often to keep it from ſticking to the ſaucepan. When it has boiled thick, pour it into a pan, ſtir in a quarter of a pound of freſh butter, and ſugar to your palate; grate in half a nutmeg, add three or four ſpoonfuls of roſe-water, and ſtir it all well together. When it is cold, beat up eight eggs, with half the whites, beat it all well together, butter a diſh, pour it in, and bake it. You may firſt lay a puff-paſte all over the diſh. For a change, you may put in a few currants and ſweetmeats.

A Ground Rice PUDDING. Boil a quarter of a pound of ground rice in water till it is ſoft, then beat the yolks of four eggs, and put to them a pint of cream, a quarter of a pound of ſugar, and a quarter of a pound of butter; mix them well together. You may either boil or bake it.

A cheap plain Rice PUDDING. Take a quarter of a pound of rice, and half a pound of raiſins ſtoned, and tie them in a cloth. Give the rice a great deal of room to ſwell. Boil it two hours. When it is enough, turn it into your diſh, and pour melted butter and ſugar over it, with a little nutmeg.

Ano-

Another Rice PUDDING. Take a quarter of a pound of rice, boil it in water till it is ſoft, and drain it through a hair ſieve; beat it in a marble mortar, with the yolks of four eggs, four ounces of butter, and the ſame quantity of ſugar; grate the rind of half a lemon, and half a nutmeg, work them well together for half an hour; then put in half a pound of currants well waſhed and cleaned, mix them well together, butter your cloth, and tie it up. Boil it an hour, and ſerve it up with white wine ſauce.

A Sago PUDDING. Take two ounces of ſago, boil it with ſome cinnamon and a bit of lemon peel till it is ſoft and thick. Grate the crumb of a halfpenny roll, put to it a glaſs of red wine, four ounces of chopped marrow, the yolks of four eggs well beaten, and ſugar to your taſte. When the ſago is cold, put theſe ingredients to it. Mix it all well together. Bake it with a puff-paſte. When it comes from the oven, ſtick over it citron cut into pieces, and almonds blanched and cut into ſlips.

A Spoonful PUDDING. Take a ſpoonful of flour, a ſpoonful of cream or milk, an egg, a little nutmeg, ginger, and ſalt; mix all together, and boil it in a little wooden diſh half an hour. You may add a few currants.

A Spinach PUDDING. Take a quarter of a peck of ſpinach, picked and waſhed clean, put it into a ſaucepan with a little ſalt; cover it cloſe, and when it is boiled juſt tender, throw it into a ſieve to drain; then chop it with a knife, beat up ſix eggs, mix well with it half a pint of cream, and a ſtale roll grated fine, a little nutmeg, and a quarter of a pound of melted butter; ſtir all well together, put it into the ſaucepan the ſpinach was ſtewed in, keeping it ſtirring till it begins to be thick, then

then wet the pudding-cloth and flour it well; tie it up, and boil it an hour; turn it into a dish, and pour over it melted butter, with a little Seville orange squeezed in it, and sugar. You may bake it, but then you should put in a quarter of a pound of sugar.

PUFFS.

German PUFFS. Mix two spoonfuls of fine flour with two eggs well beat, half a pint of cream or milk, and two ounces of melted butter; stir it all well together, and add a little salt and nutmeg: put them in tea-cups, or little deep tin moulds, half full, and bake them a quarter of an hour in a quick oven; but let it be hot enough to colour them at top and bottom. Turn them into a dish, and strew powder-sugar over them.

Lemon PUFFS. Beat and sift a pound of double-refined sugar, put it into a bowl with the juice of two lemons, and beat them well together; then, having beat the white of an egg to a very high froth, put it also in your bowl, and beat it half an hour; add three eggs, and two rinds of lemons grated; mix it well up, dust some sugar on your papers, drop on the puffs in small drops, and bake them in an oven moderately hot.

Almond PUFFS. Take two ounces of sweet almonds, blanch them, and beat them very fine, with orange-flower water; beat the whites of three eggs to a very high froth, and then strew in a little sifted sugar. Mix your almonds with your sugar and eggs, and then add more sugar till it is as thick as paste. Lay it in cakes, and bake it in a cool oven, on paper.

Sugar

Sugar Puffs. Beat the whites of ten eggs till they riſe to a high froth, put them into a ſtone mortar, or a wooden bowl; add as much double-refined ſugar as will make them thick; put in a little ambergris to give them a flavour, rub them round the mortar for half an hour; put in a few carraway-ſeeds. Take a ſheet of wafers, lay them on as broad as a ſixpence, and as high as they can be laid; put them in a moderate oven half a quarter of an hour, and they will look as white as ſnow.

BOTTLED PUNCH.

Take a gallon of good brandy, and put to it the parings of ſix lemons, and as many oranges; let them infuſe for four days.

In the mean time, take ſix quarts of ſoft water, and a pound and a half of fine ſugar, with the whites of ſix eggs, beaten up to a froth in a little of the cold water; mix them together, and ſet the liquor over the fire, and when it boils ſcum it, as long as any ſcum riſes; then ſet it by till it is cold, and then put it up into a proper veſſel, and add to it the brandy with the peels, and as much of the pieces of lemon as you think fit; ſtop up the veſſel cloſe and let it ſtand for ſix weeks; then rack it off for uſe.

This is a ſtrong punch to be uſed only as a cordial dram of a grateful taſte and flavour, and is ſold in ſome taverns under a foreign name.

Q.

QUAILS.

They are generally done as chickens; but may be dreſſed in all the different ways of other ſmall birds.

Or roaſt them like woodcocks, without drawing, and the trail to run upon a toaſt; with good gravy for ſauce.

Spit them ſide-ways, with a vine-leaf between; baſte them with butter, and have fried crumbs of bread round the diſh.

Or you may make a force-meat with the yolks of two hard eggs bruiſed, ſome marrow cut fine, artichoke-bottoms cut ſmall, and ſweet herbs, ſeaſoned with pepper, ſalt, and nutmeg. Stuff the birds, then put them into a ſaucepan with ſome good gravy (juſt enough to cover them), a glaſs of white wine, and a blade of mace. Cover them cloſe, and let them ſtew very ſoftly till they are tender; then take up the quails, lay them in a diſh, keep them hot, put a piece of butter rolled in flour to thicken the ſauce; let them boil till ſmooth, ſqueeze in a little lemon, ſkim clean, and pour it over them.

QUAILS, *or Small Birds in ſavoury Jelly.* Put a good piece of butter into the bellies of eight ſmall birds, with their heads and feet on, and ſew up their vents. Put them in a jug, cover it cloſe with a cloth, and ſet them in a kettle of boiling water till they are enough. When the jelly is ſet, lay in three birds with their breaſts down, and cover them with it; when ſet again, put in the other five, with their heads in the middle, and proceed in the ſame manner as before directed for chickens.

QUINSEY, *or* INFLAMMATION *of the* THROAT.

This diſeaſe prevails much in the winter and ſpring, and is moſt fatal to young people of a ſanguine temperament.

It proceeds in general from an obſtructed perſpiration, or whatever heats or inflames the blood: or may be often occaſioned by omitting ſome part of the covering uſually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking againſt a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewiſe proceed from the neglect of bleeding, purging, or any cuſtomary evacuation.

Singing, ſpeaking loud, and long, or whatever ſtrains the throat, may likewiſe cauſe an inflammation of that organ. The quinſey proves fatal to thoſe who, after ſitting long in a warm room, go abroad in the cold night air. Sitting with wet feet, or keeping on wet cloaths, are very apt to occaſion this malady. It is likewiſe frequently occaſioned by continuing long in a moiſt place, ſleeping in a damp bed, ſitting in a room that has lately been new plaſtered, &c.

The inflammation of the throat is evident from inſpection, the parts appearing red and ſwelled; beſides, the patient complains of pains in ſwallowing. His pulſe is quick and hard, with other ſymptoms of a fever. If blood be let, it is generally covered with a tough coat of a whitiſh colour, and the patient ſpits a tough phlegm. As the ſwelling and inflammation increaſe, the breathing and ſwallowing become more difficult; the

the pain affects the ears; the eyes generally appear red, and the face ſwells. The patient is often obliged to keep himſelf in an erect poſture, being in danger of ſuffocation; there is a conſtant nauſea, or inclination to vomit, and the drink, inſtead of paſſing into the ſtomach, is often returned by the noſe. The patient is frequently ſtarved at laſt, merely from an inability to ſwallow any kind of food.

When the breathing is laborious, with ſtraitneſs of the breaſt and anxiety, the danger is great. Though the pain in ſwallowing be very great, yet while the patient breathes eaſy, there is not ſo much danger. An external ſwelling is no unfavourable ſymptom; but if it ſuddenly falls, and the diſeaſe affects the breaſt, the danger is very great. When a quinſey is the conſequence of ſome other diſeaſe, which has already weakened the patient, his ſituation is dangerous. A frothing at the mouth, with a ſwelled tongue, a pale, ghaſtly countenance, and coldneſs of the extremities, bode fatal conſequences.

The food muſt be light, and in ſmall quantity, and the drink plentiful, weak, and diluting, mixed with acids.

It is peculiarly neceſſary that the neck be kept warm, for which purpoſe ſeveral folds of flannel may be wrapped round it; that alone will often remove a ſlight complaint of the throat, eſpecially if applied in due time. We cannot here omit obſerving the propriety of a cuſtom which prevails amongſt the peaſants of this country. When they feel any uneaſineſs of the throat, they wrap a ſtocking about it all night. So effectual is this remedy, that in many places it paſſes for a charm,

and the ſtocking is applied with particular ceremonies: the cuſtom, however, is undoubtedly a good one, and ſhould never be neglected. When the throat has thus been wrapped up all night, it muſt not be expoſed to the cold air through the day, but a handkerchief or a piece of flannel kept about it till the inflammation be removed.

The jelly of black currants is a medicine very much in eſteem for complaints of the throat; it ſhould almoſt be conſtantly kept in the mouth, and ſwallowed down leiſurely. It may likewiſe be mixed in the patient's drink, or taken any other way. When it cannot be obtained, the jelly of red currants, or of mulberries may be uſed in its ſtead.

Gargles for the throat are very beneficial. They may be made of ſage tea, with a little vinegar and honey, or by adding to half a pint of the pectoral decoction two or three ſpoonfuls of honey, and the ſame quantity of currant jelly. This may be uſed three or four times a day; and if the patient be troubled with tough viſcid phlegm, the gargle may be rendered more ſharp and cleanſing, by adding to it a tea-ſpoonful of the ſpirit of *ſal-ammoniac*.

There is no diſeaſe wherein the benefit of bathing the feet and legs in lukewarm water is more apparent: that practice ought therefore *never to be neglected*. If people were careful to keep warm, to wrap up their throats with flannel, to bathe their legs and feet in warm water, and to uſe a ſpare diet; with diluting liquors, at the beginning of this diſeaſe, it would ſeldom proceed to a great height, or be attended with any danger:—but when theſe precautions are neglected, and the diſeaſe

becomes

becomes violent, more powerful medicines are neceſſary.

An inflammation of the throat being a moſt acute and dangerous diſtemper, which ſometimes takes off the patient very ſuddenly, it will be proper, as ſoon as the ſymptoms appear, to bleed in the arm, and to repeat the operation if circumſtances require.

The body ſhould likewiſe be kept gently open. This may either be done by giving the patient for his ordinary drink a decoction of figs and tamarinds, or ſmall doſes of rhubarb and nitre; theſe may be increaſed according to the age of the patient, and repeated till they have deſired effect.

Good effects are often experienced from a bit of *ſal prunel*, or purified nitre, held in the mouth, and ſwallowed down as it melts. This promotes the diſcharge of ſaliva, by which means it anſwers the end of a gargle, and at the ſame time abates the fever, by promoting the diſcharge of urine, &c.

The throat ought likewiſe to be rubbed twice or thrice a day with a little of the volatile liniment; this ſeldom fails to produce ſome good effects. At the ſame time the neck ought to be carefully covered with wool or flannel to prevent the cold from penetrating the ſkin, as this application renders it very tender. Many other external applications are recommended, though none of them are preferable to a common poultice of bread and milk.

Some recommend the gum guaiacum as a ſpecific in this diſeaſe. Half a dram of the gum in powder may be made into an electuary with the rob of elder berries, or

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the jelly of currants for a doſe, and repeated occaſionally.

Bliſtering upon the neck or behind the ears in violent inflammations of the throat, is very beneficial; and in bad caſes it will be neceſſary to lay a bliſtering plaiſter quite acroſs the throat, ſo as to reach from ear to ear. After the plaiſters are taken off, the parts ought to be kept running by the application of iſſue ointment, till the inflammation is gone; otherwiſe, upon their drying up, the patient will be in danger of a relapſe.

When the patient has been treated as above, a ſuppuration ſeldom happens: this however is ſometimes the caſe, in ſpite of all endeavours to prevent it. When the inflammation and ſwelling continue, and it is evident that a ſuppuration will enſue, it ought to be promoted, by drawing the ſteam of warm water into the throat through a tunnel, or the like. Soft poultices ought likewiſe to be applied outwardly, and the patient may keep a roaſted fig conſtantly in his mouth.

It ſometimes happens, before the tumour breaks, that the ſwelling is ſo great, as entirely to prevent any thing from getting down into the ſtomach. In this caſe, the patient muſt inevitably periſh, unleſs he can be ſupported in ſome other way: this can only be done by nouriſhing clyſters of broth, or gruel, with milk, &c. Patients have often been ſupported by theſe for ſeveral days, till the tumour has broke; and afterwards they have recovered.

When a difficulty of ſwallowing is not attended with an acute pain or inflammation, it is generally owing to an obſtruction of the glands about the throat, and only requires

requires that the part be kept warm, and the throat frequently gargled with ſomething that may gently ſtimulate the glands, as a decoction of figs with vinegar and honey; to which may be added a little muſtard, or a ſmall quantity of ſpirits. But this gargle is never to be uſed where there are ſigns of an inflammation.

Thoſe who are ſubject to inflammations of the throat, in order to avoid that diſeaſe, ought to live temperate. Such as do not chuſe to obſerve this rule, muſt have frequent recourſe to purging, and other evacuations, to diſcharge the ſuperfluous humours. They ought likewiſe to beware of catching cold, and ſhould abſtain from aliment and medicines of an aſtringent or ſtimulating nature.

Much good is often done by only wearing a ribband dipped in ſpirit of hartſhorn, or a bit of flannel, conſtantly about their necks, or by wearing thicker ſhoes, a flannel waiſtcoat, or the like. Theſe may ſeem trifling, but they have great effects: there is danger indeed in leaving them off after perſons have been accuſtomed to them; but ſurely the inconveniency of uſing ſuch things for life, is not to be compared with the danger which may attend the neglect of them.

Sometimes, after an inflammation, the glands of the throat continue ſwelled, and become hard and callous. This complaint is not eaſily removed, and is often rendered dangerous by the too frequent application of ſtrong ſtimulating and ſtyptic medicines. The beſt method is to keep it warm, and to gargle it twice a day with a decoction of figs ſharpened a little with the elixir or ſpirit of vitriol.

R. RAB-

R.

RABBITS,

When freſh, are white and firm, which you will perceive in the belly; and the claws and wool will be ſmooth. The contrary denotes age.

To boil a RABBIT *with onions.* Boil it in a good deal of water; be ſure to ſkim your water, for there will always riſe a ſcum, which if it boils down, will diſcolour them, &c. They will take about half an hour boiling. For ſauce—your onions muſt be peeled, and throw them into water as you peel them; then cut them into thin ſlices, boil them in milk and water, and ſkim the liquor. Half an hour will boil them. Throw them into a clean ſieve to drain; chop them, and rub them through a cullender; put them into a ſaucepan, ſhake in a little flour; put to them two or three ſpoonfuls of cream, and a good piece of butter; ſtew them all together over the fire till they are thick and fine; lay the rabbit in the diſh, and pour the ſauce all over. But you muſt pluck out the jaw-bones, and ſtick one in each eye, the ſmall end inwards.

To roaſt RABBITS. Caſe your rabbits, ſkewer their heads with their mouths upon their backs, ſtick their fore legs into their ribs, and ſkewer their hind legs double. Break half a penny loaf into crumbs, a little parſley, thyme, ſweet marjoram, and lemon peel: ſhred all theſe fine, and ſeaſon them with pepper, ſalt, and nutmeg. Mix them up into a light ſtuffing, with two eggs, a little cream, and a quarter of a pound of butter.

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Put it into their bellies, ſew them up, and dredge and baſte them well with butter. Take them up when they have roaſted an hour; chop the livers, and lay them in lumps round the edge of your diſh. Serve them up with parſley and butter for ſauce. Or you may ſtuff them with chopped ſuet, the liver part boiled and bruiſed, bread-crumbs, grated bread, and a little lemon peel; chopped parſley and ſweet herbs, yolk of egg mixed, pepper, ſalt, and nutmeg; gravy in the diſh.

Another way. Baſte them with good butter, and dredge them with a little flour. Half an hour will do them at a very quick clear fire; and, if they are ſmall, twenty minutes will do them. Take the liver, with a little bunch of parſley, and boil them, and then chop them very fine together. Melt ſome good butter, and put half the liver and parſley into the butter; pour it into the diſh, and garniſh the diſh with the other half. Let your rabbits be done of a fine light brown, and put the ſauce in a boat.

To roaſt a RABBIT *Hare faſhion.* Lard a rabbit with bacon, roaſt it as you do a hare, with a ſtuffing in the belly, and it eats very well: but then you muſt make gravy ſauce. But if you do not lard it, white ſauce made thus: Take a little veal broth, boil it up with a little flour and butter, to thicken it; then add a gill of cream; keep it ſtirring one way till it is ſmooth, then put it in a boat, or in the diſh.

To florendine RABBITS. Skin three young rabbits, but leave on the ears; waſh and dry them with a cloth, take out the bones carefully, leaving the head whole, then lay them flat; make a force-meat of a quarter of a pound of bacon ſcraped, it anſwers better than ſuet, it

makes the rabbits eat tenderer, and look whiter; add to the bacon the crumb of a penny loaf, a little lemon-thyme, or lemon-peel ſhred fine, parſley chopped ſmall, nutmeg, kyan, and ſalt to your palate; mix them up together with an egg, and ſpread it over the rabbits, roll them up to the head, ſkewer them ſtraight, and cloſe the ends, to prevent the force-meat from coming out; ſkewer the ears back, and tie them in ſeparate cloths, and boil them half an hour. When you diſh them up, take out the jaw-bones and ſtick them in the eyes for horns; put round them force-meat balls and muſhrooms. Have ready a white ſauce made of veal gravy, a little anchovy, the juice of half a lemon, or a tea-ſpoonful of lemon-pickle; ſtrain it, take a quarter of a pound of butter rolled in flour, ſo as to make the ſauce pretty thick; keep ſtirring it whilſt the flour is diſſolving, beat the yolk of an egg; put to it ſome thick cream, nutmeg, and ſalt; mix it with the gravy, and let it ſimmer a little over the fire, but not boil, for it will curdle the cream; pour it over the rabbits, and ſerve it up.

RABBITS *Surprize.* Take two half-grown rabbits, roaſt them, cut off the heads cloſe to the ſhoulders and the firſt joints; then take off all the lean meat from the back-bones, cut it ſmall, and toſs it up with ſix or ſeven ſpoonfuls of cream and milk, and a piece of butter as big as a walnut rolled in flour, a little nutmeg, and a little ſalt; ſhake all well together till it is as thick as good cream, and ſet it to cool; then make a force-meat with a pound of veal, a pound of ſuet, as much crumbs of bread, two anchovies, a little piece of lemon-peel cut fine, a little ſprig of thyme, and a little nutmeg grated; let the veal and ſuet be chopped very fine, and beat

beat in a mortar, then mix it all together with the yolks of two raw eggs; place it all round the rabbits, leaving a long trough in the back-bone open, that you think will hold the meat you cut out with the ſauce; pour it in, and cover it with the force-meat, ſmooth it all over with your hand as well as you can with a raw egg; then throw on a little grated bread, and butter a magazine or pan, and take them from the dreſſer where you formed them, and place them on it very carefully. Bake them three quarters of an hour, till they are of a fine brown colour. Let your ſauce be gravy thickened with butter, and the juice of a lemon; lay them in the diſh, and pour in the ſauce. Garniſh with orange cut into quarters, and ſerve it up for a firſt courſe.

Another way. Take young rabbits, ſkewer them, and put the ſame pudding into them as directed for roaſted rabbits. When they are roaſted, draw out the jaw-bones, and ſtick them in the eyes to appear like horns; then take off all the meat from the back clean from the bones, but leave them whole; chop the meat exceedingly fine with a little ſhred parſley, lemon-peel, one ounce of beef-marrow, a ſpoonful of good cream, and a little ſalt; beat the yolks of two hard eggs, and a piece of butter the ſize of a walnut in a marble mortar very fine, then mix all together, and put it in a toſſing-pan. When it has ſtewed five minutes, lay it on the rabbit when you take the meat off, and put it cloſe down with your hand, to appear like a whole rabbit; then heat a ſalamander, and brown it all over; pour a good brown gravy made as thick as cream in the diſh, ſtick

a bunch of myrtle in their mouths, and ſerve them up with their livers broiled and frothed.

RABBITS *in Caſſerole.* Take a couple of rabbits, divide them into quarters, flour them if they are not larded, and fry them in butter; then put them into a ſtewpan, with ſome good gravy and a glaſs of white wine; ſeaſon them with pepper and ſalt and a bunch of ſweet herbs; cover them down cloſe, and let them ſtew till tender; then take up the rabbits, ſtrain off the ſauce, thicken it with butter and flour, and pour it over them.

Another way. Having divided your rabbits into quarters, you may lard them or not juſt as you pleaſe. Shake ſome flour over them, and fry them in lard and butter; then put them into an earthen pipkin, with a quart of good broth, a glaſs of white wine, a little pepper and ſalt, a bunch of ſweet herbs, and a ſmall piece of butter rolled in flour. Cover them cloſe, and let them ſtew half an hour; then diſh them up, and pour the ſauce over them. Garniſh with Seville oranges, cut into thin ſlices, and notched.

Portugueſe RABBITS. Get ſome rabbits, truſs them chicken faſhion, the head muſt be cut off, and the rabbit turned with the back upwards, and two of the legs ſtripped to the claw-end, and ſo truſſed with two ſkewers: lard them, and roaſt them with what ſauce you pleaſe. If you want chickens, and they are to appear as ſuch, they muſt be dreſſed in this manner:—Send them up hot with gravy in the diſh, and garniſh with lemon and beet-root.

RABBITS *Collared, with a Sauce à l' Ivernoiſe.* Two couple of young rabbits are not too many for this diſh. Take the bones out quite up to the wings or ſhoulders, but

but leave them on with the head; prepare a nice hot force-meat of ſome bits of the rabbits that may be ſpared, a bit of veal or lamb fat, a little ſcraped bacon, a morſel of green onion, a muſhroom, pepper, ſalt, and a little parſley; fry all together for a few minutes; put it into a mortar with ſome crumbs of a French roll ſoaked in cream or milk, with a little nutmeg; pound all well together with the yolks of two or three eggs; ſpread your rabbits in a diſh, and lay your force-meat on, roll them up to the wings, and bind with a bit of pack-thread; ſtew them in a braze about an hour and a half, and prepare your ſauce thus:—Take all ſorts of ſtrong herbs, ſuch as tarragon, pimpernel, thyme, marjoram, and ſavoury, a green onion or two, muſhrooms, and a bit of ſhallot, all mixed very fine and ſeparate. To a ladle or two of gravy and cullis mixed put in juſt as much of each as will make palatable in boiling a quarter of an hour with pepper, ſalt, and nutmeg, and a ſpoonful or two of good oil; throw in a handful of capers, clean your rabbits well from greaſe; add the juice of a couple of lemons or oranges, and diſh up with your ſauce over.

RABBITS *Pulled.* Half boil your rabbits, with an onion, a little whole pepper, a bunch of ſweet herbs, and a piece of lemon-peel; pull the fleſh into flakes, put to it a little of the liquor, a piece of butter mixed with flour, pepper, ſalt, nutmeg, chopped parſley, and the liver boiled and bruiſed; boil this up, ſhaking it round.

A Scotch RABBIT. Having toaſted a piece of bread very nicely on both ſides, butter it, and toaſt a ſlice of cheeſe

cheeſe about as big as the bread on both ſides, and lay it on the bread.

A Welch RABBIT. Toaſt a piece of bread on both ſides, then toaſt the cheeſe on one ſide; lay it on the toaſt, and with a hot iron brown the other ſide. You may rub it over with muſtard.

An Engliſh RABBIT. Toaſt the bread brown on both ſides, and lay it in a plate before the fire, then pour a glaſs of red wine over it, and let it ſoak the wine up; then cut ſome cheeſe very thin, and lay it pretty thick over the bread, and put it in a tin oven before the fire, and it will be preſently toaſted and browned. Serve it away hot.

RAGOO.—See the various articles dreſſed in that manner.

RAMEQUINS.—See CHEESECAKES.

RASPBERRIES.—See JAM, JELLY, &c.

RHEUMATISM.

This diſeaſe has often a reſemblance to the gout. It generally attacks the joints with exquiſite pain, and is ſometimes attended with inflammation and ſwelling. It is moſt common in the ſpring, and towards the end of autumn; and is uſually diſtinguiſhed into acute and chronic; or the rheumatiſm with and without a fever.

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The cauſes of a rheumatiſm are frequently the ſame as thoſe of an inflammatory fever; viz. an obſtructed perſpiration, the immoderate uſe of ſtrong liquors, and the like. Sudden changes of the weather, and all quick tranſitions from heat to cold are very apt to occaſion the rheumatiſm. Very obſtinate rheumatiſms have likewiſe been brought on by perſons not accuſtomed to it, allowing their feet to continue long wet. The ſame effects are often produced by wet cloaths, damp beds, or lying on the damp ground, travelling in the night, &c. The rheumatiſm may likewiſe be occaſioned by exceſſive evacuations, or the ſtoppage of cuſtomary diſcharges. The rheumatiſm prevails in cold, damp, marſhy countries. It is moſt common amongſt the poorer ſorts of peaſants, who are ill cloathed, live in low damp houſes, and eat coarſe unwholeſome food, which contains but little nouriſhment, and is not eaſily digeſted.

The *acute* rheumatiſm commonly begins with wearineſs, ſhivering, a quick pulſe, reſtleſſneſs, thirſt, and other ſymptoms of fever. Afterwards the patient complains of flying pains, which are increaſed by the leaſt motion. Theſe at length fix in the joints, which are often affected with ſwelling and inflammation. If blood be let in this diſeaſe, it has generally the ſame appearance as in the pleuriſy.

In this kind of rheumatiſm the treatment of the patient is nearly the ſame as in an acute or inflammatory fever. If he be young and ſtrong, bleeding is neceſſary, which may be repeated according to the exigencies of the caſe. The body ought likewiſe to be kept open by emollient clyſters, or cool opening liquors; as decoction

coction of tamarinds, cream tartar whey, ſenna tea, and the like. The diet ſhould be light, and in ſmall quantity, conſiſting chiefly of roaſted apples, groat gruel, or weak chicken broth. After the feveriſh ſymptoms have abated, if the pain ſtill continues, the patient muſt keep his bed, and take ſuch things as promote perſpiration; as wine whey, with *ſpiritus Mindereri*, &c. He may likewiſe take for a few nights, at bed-time, in a cup of wine whey, a dram of the cream of tartar, and half a dram of gum guaiacum in powder.

Warm-bathing, after proper evacuations, has often an exceeding good effect. The patient may either be put into a bath of warm water, or have cloths wrung out of it applied to the parts affected. Great care muſt be taken that he do not catch cold after bathing.

The *chronic* rheumatiſm is ſeldom attended with any conſiderable degree of fever, and is generally confined to ſome particular part of the body, as the ſhoulders, the back, or the loins. There is ſeldom any inflammation or ſwelling in the caſe. Perſons in the decline of life are moſt ſubject to the chronic rheumatiſm. In ſuch patients it often proves extremely obſtinate, and ſometimes incurable.

In this kind of rheumatiſm the regimen ſhould be nearly the ſame as in the acute. Cool and diluting diet, conſiſting chiefly of vegetable ſubſtances, as ſtewed prunes, coddled apples, currants or gooſeberries boiled in milk, is moſt proper. *Arbuthnot* ſays, "If there be a ſpecific in aliment for the rheumatiſm, it is certainly whey;" and adds, "That he knew a perſon ſubject to this diſeaſe, who could never be cured by any other method but a diet of whey and bread." He likewiſe

ſays,

ſays, "That cream of tartar in water-gruel, taken for ſeveral days, will eaſe rheumatic pains conſiderably." This is more efficacious when joined with gum guaiacum twice a day, and likewiſe a tea-ſpoonful of the volatile tincture of gum guaiacum, at bed-time, in wine whey.

This courſe may be continued for a week, or longer, if the caſe proves obſtinate, and the patient's ſtrength will permit; it ought then to be omitted for a few days, and repeated again. At the ſame time leeches or a bliſtering-plaiſter may be applied to the part affected. What anſwers better than either of theſe, in obſtinate fixed rheumatic pains, is the *warm plaiſter*. A plaiſter of Burgundy pitch, worn for ſome time on the part affected, gives great relief in rheumatic pains. Very obſtinate rheumatic pains have been cured by rubbing the part affected with tincture of cantharides. When the common tincture does not ſucceed, uſe that of a double or treble ſtrength. Cupping upon the part affected is likewiſe often very beneficial, and is greatly preferable to the application of leeches.

Though this diſeaſe may not ſeem to yield to medicines for ſome time, yet they ought ſtill to be perſiſted in. Perſons who are ſubject to frequent returns of the rheumatiſm, will often find their account in uſing medicines, whether they be immediately affected with the diſeaſe or not. The chronic rheumatiſm is ſimilar to the gout in this reſpect, that the moſt proper time for uſing medicines to extirpate it, is when the patient is moſt free from the diſorder.

There are ſeveral of our own domeſtic plants which may be uſed with advantage in the rheumatiſm. One of the beſt is the white *muſtard*: a table-ſpoonful of

the ſeed of this plant may be taken twice or thrice a day, in a glaſs of water or ſmall wine. The water-trefoil is likewiſe of great uſe in this complaint: it may be infuſed in wine or ale, or drank in form of tea. The ground-ivy, camomile, and ſeveral other bitters, are alſo very beneficial, and may be uſed in the ſame manner. No benefit, however, is to be expected from theſe, unleſs they be taken for a conſiderable time. Excellent medicines are often deſpiſed in this diſeaſe, becauſe they do not perform an immediate cure; whereas nothing would be more certain than their effect, were they duly perſiſted in. Want of perſeverance in the uſe of medicines is one reaſon why chronic diſeaſes are ſo ſeldom cured.

Cold bathing, eſpecially in ſalt water, often cures the rheumatiſm. We would alſo recommend riding on horſeback, and wearing flannel next to the ſkin. Iſſues are likewiſe very proper, eſpecially in chronic caſes. If the pain affects the ſhoulders, an iſſue may be made in the arm; but if it affects the loins, it ſhould be put in the leg or thigh.

Perſons afflicted with the ſcurvy are very ſubject to rheumatic complaints. The beſt medicines in this caſe are bitters and mild purgatives. Theſe may either be taken ſeparately or together, as the patient inclines. An ounce of Peruvian bark, and half an ounce of rhubarb in powder, may be infuſed in a bottle of wine; and one, two, or three wine glaſſes of it taken daily, as ſhall be found neceſſary for keeping the body gently open. In caſes where the bark itſelf proves ſufficiently purgative, the rhubarb may be omitted.

Such

Such as are ſubject to frequent attacks of the rheumatiſm ought to make choice of a dry, warm ſituation, to avoid the night air, wet cloaths, and wet feet, as much as poſſible. Their cloathing ſhould be warm, and they ſhould wear flannel next their ſkin, and make frequent uſe of the fleſh-bruſh.

RICKETS.

As this diſeaſe is often attended with evident ſigns of weakneſs and relaxation, our chief aim in the cure muſt be to brace and ſtrengthen the ſolids, and to promote digeſtion, and the due preparation of the fluids. Theſe important ends will be beſt anſwered by wholeſome nouriſhing diet, ſuited to the age and ſtrength of the patient, open dry air, and ſufficient exerciſe. If the child has a bad nurſe, who either neglects her duty, or does not underſtand it, ſhe ſhould be changed. If the ſeaſon be cold, the child ought to be kept warm; and when the weather is hot, it ought to be kept cool; as ſweating is apt to weaken it, and too great a degree of cold has the ſame effect. The limbs ſhould be rubbed frequently with a warm hand, and the child kept as cheerful as poſſible.

The diet ought to be dry and nouriſhing, as good bread, roaſted fleſh, &c. Biſcuit is generally reckoned the beſt bread, and pigeons, pullets, veal, rabbits, or mutton, roaſted or minced, are the moſt proper fleſh. If the child be too young for fleſh meats, he may have rice, millet, or pearl barley, boiled with raiſins, to which may be added a little wine and ſpice. His drink

may be good claret, mixed with an equal quantity of water. Thoſe who cannot afford claret, may give the child now and then a wine-glaſs of mild ale, or good porter.

Sometimes iſſues have been found beneficial in this diſeaſe. They are peculiarly neceſſary for children who abound with groſs humours. An infuſion of the Peruvian bark, in wine or ale, would be of ſervice, were it poſſible to bring children to take it. I might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in truſting to theſe, than in neglecting them altogether, I chuſe rather to paſs them over, and to recommend a proper regimen as the thing chiefly to be depended upon.

ROASTING.

When you roaſt any kind of meat, it is a very good way to put a little ſalt and water in your dripping-pan; baſte your meat a little with it; let it dry, then duſt it well with flour; baſte it with freſh butter, it will make your meat a better colour. Obſerve always to have a briſk clear fire; it will prevent your meat from dazing, and the froth from falling; keep it a good diſtance from the fire; if the meat is ſcorched, the outſide is hard, and prevents the heat from penetrating into the meat, which will appear enough before it is little more than half done. Time, diſtance, baſting often, and a clear fire, is the beſt method we can preſcribe for roaſting meat to perfection; when the ſteam draws near the fire, it is a ſign

of

of its being enough; but you will be the beſt judge of that from the time you put it down. Be careful, when you roaſt any kind of wild-fowl, to keep a clear briſk fire; roaſt them a light brown, but not too much. It is a great fault to roaſt them till the gravy runs out of them, it takes off the fine flavour. Tame fowls require more roaſting; they are a long time before they are hot through, and muſt be often baſted to keep up a ſtrong froth; it makes them riſe better, and with a finer colour. Pigs and geeſe ſhould be roaſted before a good fire, and turned quick. Hares and rabbits require time and care, to ſee the ends are roaſted enough; when they are half roaſted, cut the neck-ſkin, and let out the blood, or when they are cut up, they often appear bloody at the neck.

We muſt deſire the cook to order her fire according to what ſhe is to dreſs; if any thing very little or thin, then a pretty little briſk fire, that it may be done quick and nice; if a very large joint, then be ſure a good fire be laid to cake: let it be clear at the bottom; and when your meat is half done, move the dripping-pan and ſpit a little from the fire, and ſtir up a good briſk fire; for, according to the goodneſs of your fire, your meat will be done ſooner or later.

As ſoon as the meat is put to the fire, pour over it ſome warm water, which throw away; this is very neceſſary to thoſe who are nice in the dreſſing their meat, it being a good deal handled in the ſpitting; ſhake ſome flour over it, baſte it with butter, and do not put it too near the fire; this, with frequently baſting it, a briſk fire, and allowing time enough, are the only means of roaſting in perfection; when the ſteam draws to the fire, the

the meat is done; flour and baſte it juſt before it is ſent to the table, that it may have a nice froth; always allow a longer time for the meat to roaſt in froſty weather; take particular care to have the ſpit clean, as nothing is more diſagreeable than a ſpit-mark; and remember, when the meat is half done, to remove the dripping-pan and ſpit a little from the fire, and ſtir it; if it is a good fire before the meat is laid down, once ſtirring it will in general roaſt a joint of meat. Never ſalt the meat before it is put to the fire, it draws out the gravy too much; if it is to be kept ſome time before it is dreſſed, as indeed mutton and beef are not good freſh killed, be ſure to dry it well with a cloth, and hang it where it will have a thorough air; look at it every day, and wipe off all the damp; it will keep a long time. Some pepper it a little.

RUFFS AND REEFS.

Theſe birds are principally found in Lincolnſhire. They may be fatted, like chickens, with bread, milk, and ſugar. They feed very faſt, and will die with fat if not killed in time. Draw and truſs them croſs-legged like ſnipes; roaſt them. For ſauce—good gravy thickened with butter, and a toaſt under them.

S.

SAGO.

To three quarters of a pint of water put a large ſpoonful of ſago, ſtir it, and boil it ſoftly till it is as thick as you

you would have it; then put in wine and ſugar, with a little nutmeg to your palate.—See PUDDING.

SALMON.

To boil SALMON. It requires to be well boiled. A piece not very thick will take half an hour. Boil horſe-radiſh in the water. Fried ſmelts may be laid round it. Garniſh with horſe-radiſh and ſliced lemon. Anchovy ſauce, and plain butter.

Another way. Scale your ſalmon, take out the blood, waſh it well, and lay it on a fiſh-plate; put your water in a fiſh-pan with a little ſalt: when it boils, put in your fiſh for half a minute, then take it out for a minute or two: when you have done it four times, boil it till it is enough. When you take it out of the fiſh-pan, ſet it over the water to drain; cover it well with a clean cloth dipped in hot water; fry ſome ſmall fiſhes, or a few ſlices of ſalmon, and lay round it. Garniſh with ſcraped horſe-radiſh and fennel.

To boil SALMON *criſp.* When the ſalmon is ſcaled and gutted, cut off the head and tail, cut the body through into ſlices an inch and a half thick, throw them into a large pan of pump-water. When they are all put in, ſprinkle a handful of bay ſalt upon the water, ſtir it about, and then take out the fiſh; ſet on a large deep ſtewpan, boil the head and tail, but do not ſplit the head; put in ſome ſalt, but no vinegar. When they have boiled ten minutes, ſkim the water very clean, and put in the ſlices; when they are boiled enough, take them out, lay the head and the tail in the diſh, and the

ſlices

ſlices round. This muſt be for a large company. The head or tail may be dreſſed alone, or with one or two ſlices; or the ſlices alone.

It is done in great perfection in the ſalmon countries; but, if the ſalmon is very freſh, it will be very good in London.

Another way to boil SALMON. Take a bit of ſalmon, of any bigneſs, without being ſcaled; tie it up in a cloth, or with packthread; put it in a veſſel much of its bigneſs, with a good bit of butter or broth, and half red wine, ſalt, whole pepper, a faggot of parſley, thyme, laurel, two or three cloves, bits of carrots, and ſliced onions. When done, drain it, and ſerve it upon a napkin, and the ſauces in boats.

Another way. Take a piece of ſalmon, of what bigneſs you pleaſe, ſoak it according to your judgement, and boil it a little; then drain it, and pull it in flakes. Make a ſauce with a piece of butter and flour, a little pepper, chopped parſley, one clove of garlick bruiſed, and ſome good cream; make the ſauce pretty thick, and put the ſalmon to it; give it a few turns on the fire, then put it on the diſh you intend for table; ſtrew it over with bread-crumbs, and baſte it with butter. Give it a colour in the oven, with a ſalamander, or before the fire.

SALMON *à-la-braiſe.* Make a force-meat thus:—Take a large eel, ſlit it open, take out the bone, and take the meat quite clean from it; chop it fine, with two anchovies, ſome lemon-peel cut fine, a little pepper, and grated nutmeg, with ſome parſley and thyme cut fine, a yolk of an egg boiled hard; mix them all together, and roll them up in a piece of butter; then take

a large

a large piece of fine ſalmon, or a ſalmon-trout, put the force-meat in the belly of the fiſh, ſew it up, and lay it in an oval ſtewpan that will juſt hold it; then take half a pound of freſh butter, put it into a ſtewpan; when it is melted, ſhake in a little flour; ſtir it till it is a little brown, then put to it a pint of fiſh broth, with a pint of Madeira. Seaſon it with ſalt, mace, cloves, and whole pepper, tied in a muſlin rag; put in an onion and a bunch of ſweet herbs; ſtir it all together, and put it to the fiſh: cover it down very cloſe, and let it ſtew. When the fiſh is almoſt done, put in ſome freſh or pickled muſhrooms, truffles, or morels, cut in pieces; let them ſtew all together till the fiſh is quite done. Take the ſalmon up carefully, lay it in a diſh, and pour the ſauce over it.

To roll SALMON. Take a ſide of ſalmon; when ſplit and the bone taken out and ſcalded, ſtrew over the inſide, pepper, ſalt, nutmeg, and mace, a few chopped oyſters, parſley, and crumbs of bread, roll it up tight, put it into a deep pot, and bake it in a quick oven; make the common fiſh ſauce and pour over it. Garniſh with fennel, lemon, and horſe-radiſh.

To broil SALMON. Cut your freſh ſalmon into thick pieces, and flour them and broil them; lay them in your diſh, and ſerve them up with plain melted butter in a boat.

Another way. Cut ſome ſlices from a freſh ſalmon, wipe them clean and dry: melt ſome butter ſmooth and fine, with a little flour and baſket ſalt; put the pieces of ſalmon into it, and roll them about, that the butter may cover them all over: then lay them on a nice clean gridiron, and broil them over a clear but very ſlow fire.

While the ſalmon is broiling, make ſauce with a couple of anchovies, waſhed, boned, and cut into ſmall pieces, and a leek cut into three or four long pieces. Set on a ſaucepan with ſome butter and a little flour, put in the ingredients, with ſome capers cut ſmall, ſome pepper and ſalt, and a little nutmeg; add to them ſome warm water, and two ſpoonfuls of vinegar; ſhake the ſaucepan till it boils, and the ſauce is done. When the ſalmon is enough on one ſide, turn it on the other till it is quite enough; take the leek out of the ſauce, pour it into a diſh, and lay the broiled ſalmon upon it.

SALMON *in Caſes.* Cut your ſalmon into ſmall pieces, ſuch as will lay rolled in half ſheets of paper: ſeaſon it with pepper, ſalt, and nutmeg; butter the inſide of the paper well, fold the paper ſo as nothing can come out, then lay them in a tin plate to be baked; pour a little melted butter over the papers, and then crumbs of bread over them. Do not let your oven be too hot, for fear of burning the paper. A tin oven before the fire does beſt. When you think they are enough, ſerve them up juſt as they are. There will be ſauce enough in the papers; or put the ſalmon in buttered papers only, and broil them.

SALMON *with Shrimp ſauce.* Of a ſalmon, the jowl is preferred to any other part; notch it to the bone on both ſides about an inch apart, lay it in a marinade, put it into a long ſtewpan juſt its bigneſs, if you can, with a fiſh-plate under it, that you may take it out without breaking; put to it a pint of white wine, a daſh of vinegar, ſome ſweet baſil and thyme, whole pepper, ſalt, and mace, two or three ſhallots, a bunch of parſley and green onions; pour in as much water as will

will juſt cover it, let your lid be ſhut cloſe upon it, and, about an hour before your dinner, put it over a ſlow ſtove to ſimmer, and prepare your ſauce as follows:—Provide as many ſmall prawns or ſhrimps (the tails only) as you think neceſſary for your piece of ſalmon; put into your ſtewpan to them a proportionate quantity of cullis; add to it a little baſil, pimpernel, thyme, and parſley, all minced very fine, with a daſh of white wine. Boil all about a quarter of an hour, ſqueeze in the juice of a lemon or two. Take care that the ſalmon is well drained, put it into your diſh; pour your ſauce over, and ſerve it up. Garniſh with lemons cut in quarters.

Trouts may be done in the ſame manner.

Haſlets of SALMON. Cut the ſalmon in middling pieces; ſeaſon them with ſweet herbs, pepper, and ſalt, mixed with butter, and the yolk of a raw egg or two; ſkewer them like haſlets, with all the ſeaſoning; ſtrew them with bread-crumbs, and either roaſt or boil them, baſting with oil or butter. When they are done of a good colour, ſerve dry, with what ſauce you think proper in a boat.

SALMON *with ſweet herbs.* Take a piece of butter, and mix it with chopped parſley, ſhallots, ſweet herbs, muſhrooms, pepper, and ſalt; put ſome of this in the bottom of the diſh you intend for table, then ſome thin ſlices of ſalmon upon it, and the remainder of the butter and herbs upon the ſalmon; ſtrew it over with bread-crumbs, and baſte it with butter; bake it in the oven. When it is done, drain the fat from it, and ſerve with a clear reliſhing ſauce.

To dreſs dried SALMON. Lay your dried ſalmon in ſoak for two or three hours, then lay it on the gridiron, and ſhake a little pepper over it.

To dreſs a Jowl of pickled SALMON. Lay your ſalmon in freſh water all night, then lay it in a fiſh-plate, put it into a large ſtewpan, ſeaſon it with a little whole pepper, a blade or two of mace tied in a coarſe muſlin rag, a whole onion, a nutmeg bruiſed, a bundle of ſweet herbs and parſley, a little lemon-peel; put to it three large ſpoonfuls of vinegar, a pint of white wine, and a quarter of a pound of freſh butter rolled in flour: cover it cloſe, and let it ſimmer over a ſlow fire for a quarter of an hour, then carefully take up your ſalmon, and lay it in your diſh; ſet it over hot water and cover it. In the mean time, let your ſauce boil till it is thick and good. Take out the ſpice, onion, and ſweet herbs, and pour it over the fiſh. Garniſh with lemon.

SAUCES.

Apple SAUCE. Pare, core, and ſlice your apples, then put a little water in the ſaucepan to keep them from burning, and a bit of lemon-peel. When they are enough, take out the peel, bruiſe the apples, add a lump of butter, and a little ſugar.

Onion SAUCE. Boil eight or ten large onions, change the water two or three times while they are boiling. When enough, chop them on a board, to keep them from growing of a bad colour; put them in a ſaucepan with a quarter of a pound of butter, and two ſpoonfuls of thick cream; boil it a little, and pour it over your diſh.

Ana-

Another way. Having peeled your onions, boil them in milk and water, put a turnip with them into the pot (it draws out the ſtrength); change the water twice; pulp them through a cullender, or chop them; then put them in a ſaucepan with ſome cream, a piece of butter, a little flour, ſome pepper and ſalt. They muſt be very ſmooth.

Gooſeberry SAUCE. Put ſome coddled gooſeberries, a little juice of ſorrel, and a little ginger, into ſome melted butter.

Fennel SAUCE. Having boiled a bunch of fennel and parſley, chop it ſmall, and ſtir into ſome melted butter.

Bread SAUCE. Put a pretty large piece of crumb of bread, that is not new, into half a pint of water, with an onion, a blade of mace, and a few pepper-corns in a bit of cloth; boil theſe a few minutes; take out the onion and ſpice, maſh the bread very ſmooth, add a piece of butter and a little ſalt.

Bread-ſauce for a pig is made the ſame, with the addition of a few currants picked, waſhed, and boiled in it.

Mint SAUCE. Waſh your mint perfectly clean from grit and dirt, chop it very fine, and put to it vinegar and ſugar.

SAUCE *Robert.* Cut ſome large onions into ſquare pieces, cut ſome fat bacon in the ſame manner, put them together into a ſaucepan over the fire, ſhake them round to prevent their burning. When they are brown, put in ſome good veal gravy, with a little pepper and ſalt; let them ſtew gently till the onions are tender, then put in a little ſalt, ſome muſtard and vinegar, and ſerve it hot.

Ano-

Another way. Slice ſeveral onions, fry them in butter, turning often till they take colour; then add a little cullis and good broth, pepper and ſalt; let them boil half an hour, and reduce to a ſauce; when ready, add muſtard. You may ſift it for thoſe who only like the flavour of onions.

Anchovy SAUCE. Put an anchovy into a pint of gravy, then take a quarter of a pound of butter rolled in flour, and ſtir all together till it boils. You may add a little juice of a lemon, catchup, red wine, and walnut liquor, juſt as you think proper.

Plain butter melted thick, with a ſpoonful of walnut pickle, or catchup, is a good ſauce, or anchovy: in ſhort, you may put as many things as you pleaſe into ſauce.

Shrimp SAUCE. Waſh half a pint of ſhrimps very clean, and put them into a ſtewpan, with a ſpoonful of anchovy liquor, and a pound of butter melted thick; boil it up for five minutes, and ſqueeze in half a lemon. Toſs it up, and put it into your ſauce-boat.

Another way. Mix a good handſome piece of butter with ſome flour, boil it up in ſome rich gravy; put in the ſhrimps; give them a boil.

To criſp Parſley. Having picked and waſhed your parſley, put it into a Dutch oven, or on a ſheet of paper; do not ſet it too near the fire; turn it till it is quite criſp: lay little bits of butter on it, but not to be greaſy. It is a better method than that of frying.

Plain Sour SAUCE. Take ſome freſh ſorrel-leaves, pick off the ſtalks, bruiſe the leaves, and put them in a plate with their juice; ſtrew on ſome pepper and ſalt, ſtir it all together, and ſerve it cold.

White

White SAUCE *for Fiſh.* Having waſhed two anchovies, put them into a ſaucepan, with one glaſs of white wine, and two of water, half a nutmeg, and a little lemon-peel. When it has boiled five or ſix minutes, ſtrain it through a ſieve: add to it a ſpoonful of white wine vinegar, thicken it a little, then put in near a pound of butter rolled in flour; boil it well, and pour it hot upon your fiſh.

To make SAUCE *for Fowls.* Boil any bones or bits of veal, with a ſmall bunch of ſweet herbs, an onion, a ſlice of lemon, a few white pepper-corns, and a little celery; ſtrain it; there ſhould be near half a pint; put to it ſome good cream, with a little flour mixed ſmooth in it, a good piece of butter, a little pounded mace, and ſome ſalt; keep it ſtirring; add muſhrooms, or a little lemon juice.

White SAUCE *for Fowls or Chickens.* Take a little ſtrong veal gravy, with a little white pepper, mace, and ſalt, boiled in it; have it clear from any ſkin or fat; as much cream, with a little flour mixed in the cream, a little mountain wine to your liking: boil it up gently for five minutes, then ſtrain it over your chickens or fowls, or in boats.

A white SAUCE *for Veal.* To a pint of good veal gravy put a ſpoonful of lemon-pickle, half an anchovy, a tea-ſpoonful of muſhroom powder, or a few pickled muſhrooms; give it a gentle boil; then put in half a pint of cream, the yolks of two eggs beat fine; ſhake it over the fire after the eggs and cream are in, but do not let it boil, as that would curdle the cream.

SAUCE

SAUCE *Ravigotte à-la-Bourgeoiſe.* Provide ſome ſage, parſley, a little mint, thyme, and baſil, tie them in a bunch, and put them into a ſaucepan of boiling water; let them boil a minute, then take them out, and ſqueeze the water from them; chop them very fine, and add to them a clove of garlick, and two large onions minced fine: put them into a ſtewpan with half a pint of broth, ſome pepper, and a little ſalt; boil them up, and put in a ſpoonful of vinegar.

SAUCE *à-la-Nivernois.* Put in a ſmall ſtewpan two ſlices of ham, a clove of garlick, a laurel-leaf, ſliced onions and roots; let it catch, then add a little broth, two ſpoonfuls of cullis, a ſpoonful of tarragon vinegar; ſtew it an hour on a ſlow fire, then ſift it through a ſieve, and ſerve it for a reliſhing ſauce.

SAUCE *for Pheaſants or Partridges.* Theſe birds are uſually ſerved up with gravy-ſauce in the diſh, and bread-ſauce in a boat.

SAUCE *for Wild Duck, Teal, &c.* Take a proper quantity of veal gravy, with ſome pepper and ſalt; ſqueeze in the juice of two Seville oranges; add a little red wine, and let the red wine boil ſome time in the gravy.

A ſtanding SAUCE *for a Kitchen.* Take a quart of claret or white wine, put it in a glazed jar, the juice of two lemons, five large anchovies, ſome Jamaica pepper whole, ſome ſliced ginger, ſome mace, a few cloves, a little lemon peel, horſe-radiſh ſliced, ſome ſweet herbs, ſix ſhallots, two ſpoonfuls of capers, and their liquor; put all theſe in a linen bag, and put it into the wine, ſtop it cloſe, and ſet the veſſel in a kettle of hot

water

water for an hour, and keep it in a warm place. A ſpoonful or two of this liquor is good in any ſauce.

SAUCE *or Lear for a ſweet Pie.* Take ſome white wine, lemon juice, or verjuice, and ſome ſugar; boil it, then beat two eggs, and mix them well together, then open your pie and pour it in. This may be uſed for veal or lamb pies.

Very good SAUCE *for roaſted Meat.* Take an anchovy, waſh it very clean, and put to it a glaſs of red wine, a little ſtrong broth or gravy, ſome nutmeg, one ſhallot ſliced, and the juice of a Seville orange; ſtew theſe together a little, and pour it to the gravy that runs from the meat.

A Travelling Powder for SAUCE. Take pickled mango, and let it dry three or four days in the room; then reduce it to powder by grating of it. To ſix ounces of this powder add three ounces of muſhrooms dried in an oven and powdered, by pounding it in a mortar; add to theſe a dram of mace powdered, half a dram of cloves in powder, or inſtead of the two laſt a nutmeg grated, and a dram of black pepper in powder; having mixt all theſe together, very well, ſift them through an hair-ſieve; put this up carefully in a paper, and take it with you when you go a journey.

Half a tea-ſpoonful of this powder will reliſh any ſauce you have a mind to make to the quantity of a quart, when it is warm.

You may, if you pleaſe, add nine or ten grains of ſweet baſil, or of ſummer ſweet marjoram, dried and powdered.

If you uſe this ſauce for fiſh, adding a little anchovy and white wine, it will be very good.

SAUCE *Poivrade.* Take a little butter, ſliced onions, bits of carrot, parſley-root, two cloves of garlick, two cloves, a laurel-leaf; ſoak all together till it takes colour; then add ſome cullis, a little vinegar and broth, ſalt and pepper; boil it to the conſiſtence of ſauces; ſkim and ſift it for uſe.

Another way. Take half a pint of veal gravy, a quarter of a pint of vinegar, with ten young onions whole, a large one ſliced, and half an anchovy; let them boil ſome time, and then ſtrain it off, preſſing it very hard; add to the liquor a little ſalt, and as much pepper as will make it agreeable to the taſte.

Parſley and Butter. Tie up ſome parſley in a bunch, waſh it, and put it into ſome boiling water with a little ſalt; after it has boiled up very quick two or three times, take it out and chop it very fine; then mix it with ſome melted butter.

Poor Man's SAUCE. Cut ſome young onions into water, with ſome chopped parſley. It is very good with roaſted mutton.

Or, ſlice half a lemon, boil it in a little broth with two or three chopped ſhallots, pepper and ſalt, and a ſpoonful of oil; and ſerve in a ſauce-boat.

Lemon SAUCE *for boiled Fowls.* Take a lemon and pare off the rind, cut it into ſlices, and take the kernels out, cut it into ſquare bits; blanch the liver of the fowl and chop it fine; mix the lemon and liver together in a boat, and pour ſome hot melted butter on it, and ſtir it up. Boiling it will make it go to oil.

Muſhroom SAUCE *for white Fowls of all ſorts.* Take about a quart of freſh muſhrooms, well cleaned and waſhed, cut them in two, put them in a ſtewpan, with a lit-

a little butter, a blade of mace, and a little ſalt; ſtew it gently for half an hour, then add a pint of cream, and the yolks of two eggs beat very well, and keep ſtirring it till it boils up; then ſqueeze half a lemon, put it over your fowls or turkies, or in baſons, or in a diſh, with a piece of French bread, firſt buttered, then toaſted brown, and juſt dip it in boiling water; put it in the diſh, and the muſhrooms over it.

Another way. Take a piece of butter, mix it with flour; boil it up in ſome cream, not forgetting to ſhake the ſaucepan; throw in ſome muſhrooms, ſalt, and nutmeg, and boil it up. Or you may put the muſhrooms into butter melted, with a little veal gravy, ſalt, and grated nutmeg.

Celery SAUCE. Waſh and clean ten heads of celery, cut off the green tops, and take out the outſide ſtalks, cut them into thin bits, and boil it in gravy till it is tender; thicken it with flour and butter, and pour it over your meat. A ſhoulder of mutton, or a ſhoulder of veal roaſted, is very good with this ſauce.

Caper SAUCE. Take ſome capers, chop half of them, put the reſt in whole; chop alſo a little parſley very fine, with a little bread grated very fine, and ſome ſalt; put theſe into butter melted very ſmooth. Some only chop the capers a little, and put them into the butter.

Shallot SAUCE. Take five or ſix ſhallots chopped fine, put them into a ſaucepan with a gill of gravy, a ſpoonful of vinegar, and ſome pepper and ſalt; ſtew them for a minute, then pour them into your diſh, or put it in ſauce-boats.

Egg SAUCE. Take two eggs and boil them hard: firſt chop the whites, then the yolks, but neither of them

very fine, and put them together; then put them into a quarter of a pound of good melted butter, and ſtir them well together.

Oyſter SAUCE. Take a pint of large oyſters, ſcald them, and then ſtrain them through a ſieve, waſh the oyſters very clean in cold water, and take the beards off; put them in a ſtewpan, pour the liquor over them, but be careful to pour the liquor gently out of the veſſel you have ſtrained it into, and it will leave all the ſediment at the bottom, which you muſt avoid putting into your ſtewpan; then add a large ſpoonful of anchovy liquor, two blades of mace, half a lemon, enough butter rolled in flour to thicken it; then put in half a pound of butter, boil it up till the butter is melted, then take out the mace and lemon, ſqueeze the lemon-juice into the ſauce, give it a boil up, ſtir it all the time, and then put it into your boats or baſons.

You may put in a ſpoonful of catchup, or the ſame quantity of mountain wine.

SAUCE *for a boiled Salmon.* Having boiled a bunch of fennel and parſley, chop them ſmall, and put it into ſome good melted butter, and ſend it to table in a ſauce-boat; another with gravy-ſauce.

To make the gravy-ſauce, put a little brown gravy into a ſaucepan with one anchovy, a tea-ſpoonful of lemon-pickle, a meat-ſpoonful of liquor from your walnut-pickle, one or two ſpoonfuls of the water that the fiſh was boiled in, it gives a pleaſant flavour; a ſtick of horſe-radiſh, a little browning and ſalt; boil them three or four minutes, thicken it with flour and a good lump of butter, and ſtrain it through a hair ſieve.

This is a good ſauce for moſt kinds of fiſh.

An

An excellent SAUCE *for moſt kinds of Fiſh.* Take ſome mutton or veal gravy, put to it a little of the water that drains from your fiſh; when boiled enough, put it into a ſaucepan, and put in a whole onion, one anchovy, a ſpoonful of catchup, and a glaſs of white wine; thicken it with a lump of butter rolled in flour, and a ſpoonful of cream; if you have oyſters, cockles, or ſhrimps, put them in after you take it off the fire, but it is extremely good without. You may uſe red wine inſtead of white, by leaving out the cream.

Pontiff SAUCE. Soak ſome ſlices of veal, ham, ſliced onions, carrots, parſley, a head of celery; let it catch; then add a little white wine, and ſome good broth, a clove of garlick, four ſhallots, two cloves, a little coriander, two ſlices of peeled lemon; boil on a ſlow fire till the meat is done; ſkim it, and ſift it in a ſieve; add a little cullis, and ſome fine chopped parſley, a little before you uſe it.

SAUCE *for Cod's Head.* Chuſe a good lobſter; if it be alive, ſtick a ſkewer in the vent of the tail to keep out the water; throw a handful of ſalt into the water, and, when it boils, put in the lobſter, which muſt boil half an hour. If it has ſpawn, pick them off, and pound them exceedingly fine in a marble mortar: put them into half a pound of melted butter, then take the meat out of your lobſter, pull it in bits, and put it in your butter, with a large ſpoonful of lemon-pickle, the ſame quantity of walnut-catchup, a ſlice of an end of a lemon, one or two ſlices of horſe-radiſh, as much beaten mace as will lie on a ſixpence, and ſeaſon to your taſte with ſalt and kyan pepper; boil them one minute, and then take out the horſe-radiſh and lemon, and ſerve it

in

in your ſauce-boat. If lobſters cannot be had, you may make uſe of oyſters or ſhrimps the ſame way: and if you can get no kind of ſhell-fiſh, you may then add two anchovies cut ſmall, a ſpoonful of walnut-liquor, and a large onion ſtuck with cloves.

Aſpic SAUCE. Infuſe chervill, tarragon, burnet, garden-creſs, and a little mint, in a litttle cullis, for about half an hour; then ſift it, and add to it a ſpoonful of garlick-vinegar, pepper, and ſalt; ſerve up in a ſauce-boat.

Lobſter SAUCE. Bruiſe the body of a lobſter into thick melted butter, and cut the fleſh into it in ſmall pieces; ſtew all together, and give it a boil; ſeaſon with a little pepper, ſalt, and a very ſmall quantity of mace.

Another way. Procure a lobſter that has a good deal of ſpawn, pull the meat to pieces with a fork, do not chop it; bruiſe the body and the ſpawn with the back of a ſpoon; break the ſhell, boil it in a little water to give it a colour; ſtrain it off, melt ſome butter in it very ſmooth, with a little horſe-radiſh and a very little kyan; take out the horſe-radiſh, mix the body of the lobſter well with the butter, then add the meat, and give it a boil, with a ſpoonful of catchup or gravy, if agreeable. Some people chooſe only plain butter.

SAUSAGES.

Common SAUSAGES. Take three pounds of nice pork, fat and lean together, free from ſkin or griſtles, chop it very fine, ſeaſon it with two tea-ſpoonfuls of ſalt, and one

one of beaten pepper, ſome ſage ſhred fine, about three tea-ſpoonfuls; mix it well together, have the guts very nicely cleaned and fill them, or put them down in a pot; ſo roll them of what ſize you pleaſe, and fry them.

Mutton SAUSAGES may be made in the ſame manner, omitting the ſage, and adding a little water; thyme, marjoram, and nutmeg to the ſeaſoning.

Oxford SAUSAGES. Take a pound of young pork, fat and lean without ſkin or griſtle, a pound of lean veal, and a pound of beef ſuet, chopped all fine together; put in half a pound of grated bread, half the peel of a lemon ſhred fine, a nutmeg grated, ſix ſage leaves waſhed and chopped very fine, a tea-ſpoonful of pepper, and two of ſalt, ſome thyme, ſavoury, and marjoram, ſhred fine; mix it all well together, and put it cloſe down in a pan when you uſe it; roll it out the ſize of a common ſauſage, and fry them in freſh butter of a fine brown, or broil them over a clear fire, and ſend them to table as hot as poſſible.

Fine SAUSAGES. Take part of a leg of pork or veal, pick it clean from ſkin or fat; to every pound add two pounds of beef ſuet; ſhred both ſeverally very fine; mix them well with ſage leaves chopped fine, pepper, ſalt, nutmeg, and pounded cloves, and a little grated lemon-peel; put this cloſe down in a pot. When it is uſed, mix it with the yolk of an egg, and a few bread-crumbs. Roll it into lengths.

Another way. To a couple of pounds of lean pork put three pounds of chine fat, free from ſkin, ſome pounded cloves, pepper and ſalt, and ſome ſage-leaves chopped; beat it fine, and either preſs it into pots, and roll

roll it when it is uſed, or put it into ſkins. Beef and ſuet make very good ſauſages.

Another ſort. Take ſix pounds of good pork, free from ſkin, griſtles, and fat; cut it very ſmall, and beat it in a mortar till it is very fine; then ſhred ſix pounds of beef ſuet very fine, and free from all ſkin; ſhred it as fine as poſſible; then take a good deal of ſage, waſh it very clean, pick off the leaves, and ſhred it very fine: ſpread your meat on a clean dreſſer or table, then ſhake the ſage all over, about three large ſpoonfuls; ſhred the thin rind of a middling lemon very fine and throw over, with as many ſweet herbs, when ſhred fine, as will fill a large ſpoon; grate two nutmegs over, throw over two tea-ſpoonfuls of pepper, and a large ſpoonful of ſalt; then throw over the ſuet, and mix it all well together: put it down cloſe in a pot. When you uſe them, roll them up with as much egg as will make them roll ſmooth. Make them the ſize of a ſauſage, and fry them in butter or good dripping. Be ſure it be hot before you put them in, and keep them rolling about: when they are thoroughly hot, and of a fine light brown, they are enough. You may chop this meat very fine, if you do not like it beat. Veal eats well done thus; or veal and pork together. You may clean ſome guts and fill them.

SCATE.

To fricaſſee SCATE. Cut the meat from the bones, fins, &c. and make it very clean; then cut it into thin pieces, about an inch broad, and two inches long, and lay

lay them in your ſtewpan: to one pound of the fleſh put a quarter of a pint of water, a little beaten mace, ſome grated nutmeg, a ſmall bundle of ſweet herbs, and a little ſalt; cover it, and let it boil fifteen miutes: take out the ſweet herbs, put in a quarter of a pint of good cream, a piece of butter the ſize of a walnut, rolled in flour, and a glaſs of white wine. Keep ſhaking the pan all the time one way, till it is thick and ſmooth; then diſh it up, and garniſh with lemon.

SCROPHULA.

This diſeaſe chiefly affects the glands, eſpecially thoſe of the neck. It is one of thoſe diſeaſes which may be removed by proper regimen, but ſeldom yields to medicine. The inhabitants of cold, damp, marſhy countries are moſt liable to the ſcrophula.

Children who have the misfortune to be born of ſickly parents, whoſe conſtitutions have been greatly injured by chronic diſeaſes, are apt to be affected with the ſcrophula. It may likewiſe proceed from ſuch diſeaſes as weaken the habit or vitiate the humours, as the ſmall pox, meaſles, &c. and, in ſhort, whatever tends to vitiate the humours or relax the ſolids, paves the way to this diſeaſe; as the want of proper exerciſe, too much heat or cold, confined air, unwholeſome food, bad water, the long uſe of poor, weak, watery aliments, the neglect of cleanlineſs, &c. Nothing tends more to induce this diſeaſe in children, than allowing them to continue long wet.

At firſt ſmall knots appear under the chin or behind the ears, which gradually increaſe in number and ſize, till they form one large hard tumour: this often continues for a long time without breaking, and when it does break, it only diſcharges a thin watery humour. Other parts of the body are likewiſe liable to its attack; nor are the internal parts exempt from it. It often affects the lungs, liver, or ſpleen; and phyſicians have frequently ſeen the glands of the meſentery greatly enlarged by it.

Thoſe obſtinate ulcers which break out upon the feet and hands with ſwelling, and little or no redneſs, are of the ſcrophulous kind. They ſeldom diſcharge good matter, and are exceedingly difficult to cure. The *white ſwellings* of the joints ſeem likewiſe to be of this kind: they are with difficulty brought to a ſuppuration, and when opened they only diſcharge a thin ichor. There is not a more general ſymptom of the ſcrophula than a ſwelling of the upper lip and noſe.

As this diſeaſe proceeds, in a great meaſure, from relaxation, the diet ought to be generous and nouriſhing, but at the ſame time light and of eaſy digeſtion; as well fermented bread, made of ſound grain, the fleſh and broth of young animals, with now and then a glaſs of generous wine, or good ale. The air ought to be open, dry, and not too cold, and the patient ſhould take as much exerciſe as he can bear. This is of the utmoſt importance. Children who have enough of exerciſe are ſeldom troubled with the ſcrophula.

There is nothing more pernicious than the cuſtom of plying children in the ſcrophula with ſtrong purgative medicines. People imagine it proceeds from humours, which

which muſt be purged off, without conſidering, that theſe purgatives increaſe the debility, and aggravate the diſeaſe. It has indeed been found, that keeping the body gently open for ſome time, eſpecially with ſea-water, has a good effect; but this ſhould only be given in groſs habits, and in ſuch quantity as to procure one, or at moſt two ſtools every day.

Bathing in the ſalt water has likewiſe a very good effect, eſpecially in the warm ſeaſon. A courſe of bathing in ſalt water, and drinking it in ſuch quantities as to keep the body gently open, have cured a ſcrophula, after many other medicines had been tried in vain. When ſalt water cannot be obtained, the patient may be bathed in freſh water, and his body kept open by ſmall quantities of ſome mild purgative.

Next to cold-bathing, and drinking the ſalt water, we would recommend the Peruvian bark. The cold bath may be uſed in ſummer, and the bark in winter. To an adult, half a dram of the bark in powder may be given, in a glaſs of red wine, four or five times a day. Children, and ſuch as cannot take it in ſubſtance, may uſe the decoction made in the following manner:

Boil an ounce of Peruvian bark, and a dram of Winter's bark, both groſsly powdered, in a quart of water to a pint; towards the end, half an ounce of ſliced liquorice-root, and a handful of raiſins may be added, which will both render the decoction leſs diſagreeable, and make it take up more of the bark. The liquor muſt be ſtrained, and two, three, or four table-ſpoonfuls, according to the age of the patient, given three times a day.

External applications are of little uſe. Before the tumour breaks nothing ought to be applied to it, unleſs a piece of flannel, or ſomething to keep it warm. After it breaks, the ſore may be dreſſed with ſome digeſtive ointment.

The yellow baſilicon anſwers beſt, mixed with about a ſixth or eighth part of its weight of red precipitate of mercury. The ſore may be dreſſed with this twice a day; and if it be very fungous, and does not digeſt well, a larger proportion of the precipitate may be added.

Medicines which mitigate this diſeaſe, though they do not cure it, are not to be deſpiſed. If the patient can be kept alive, by any means, till he arrives at the age of puberty, he has a great chance to get well, but if he does not recover at this time, in all probability he never will.

There is no malady which parents are ſo apt to communicate to their offſprings as the ſcrophula, for which reaſon people ought to beware of marrying into families affected with this diſeaſe.

SCURVY.

The ſcurvy is occaſioned by cold moiſt air; by the long uſe of ſalted or ſmoke-dried proviſions, or any kind of food that is hard of digeſtion, and affords little nouriſhment. It may alſo proceed from the ſuppreſſion of cuſtomary evacuations.

It is ſometimes owing to an hereditary taint, in which caſe, a very ſmall cauſe will excite the latent diſorder.

Grief,

Grief, fear, and other depreſſing paſſions, have a great tendency both to excite and aggravate the diſeaſe. The ſame obſervation holds with regard to neglect of cleanlineſs; bad cloathing; the want of proper exerciſe; confined air; unwholeſome food, or any diſeaſe which greatly weakens the body, or vitiates the humours.

This diſeaſe may be known by unuſual wearineſs, heavineſs, and difficulty of breathing, eſpecially after motion; rottenneſs of the gums, which are apt to bleed on the ſlighteſt touch; a ſtinking breath; frequent bleeding at the noſe; crackling of the joints; difficulty of walking; ſometimes a ſwelling, and ſometimes a falling away of the legs, on which there are livid, yellow, or violet-coloured ſpots; the face is generally of a pale or leaden colour. As the diſeaſe advances, other ſymptoms come on; as rottenneſs of the teeth, hæmorrhages, or diſcharges of blood from different parts of the body, foul obſtinate ulcers, pains in various parts, eſpecially about the breaſt, dry ſcaly eruptions all over the body, &c. At laſt, a waſting hectic fever comes one, and the miſerable patient is often carried off by a dyſentery, a diarrhœa, a dropſy, the palſy, fainting fits, or a mortification of ſome of the bowels.

There is no way of curing this diſeaſe but by purſuing a plan directly oppoſite to that which brings it on. It proceeds from a vitiated ſtate of the humours, occaſioned by errors in diet, air, or exerciſe; and this cannot be removed but by a proper attention to theſe important articles.

If the patient has been obliged to breathe a cold, damp, or confined air, he ſhould be removed, as ſoon as poſſible, to a dry, open, and moderately warm one.

If

If there is reaſon to believe that the diſeaſe proceeds from a ſedentary life, or depreſſing paſſions, as grief, fear, &c. the patient muſt take daily as much exerciſe in the open air as he can bear, and his mind ſhould be diverted by cheerful company and good humour. But this, alas! is ſeldom the lot of perſons afflicted with the ſcurvy; they are generally ſurly, peeviſh, and moroſe.

When the ſcurvy has been brought on by a long uſe of ſalted proviſions, the proper medicine is a diet conſiſting chiefly of freſh vegetables; as oranges, apples, lemons, limes, tamarinds, water-creſſes, ſcurvy-graſs, brook-lime, &c. The uſe of theſe, with milk, pot-herbs, new bread, and freſh beer or cyder, will ſeldom fail to remove a ſcurvy of this kind, if taken before it be too far advanced; but to have this effect, they muſt be perſiſted in for a conſiderable time. When freſh vegetables cannot be obtained, pickled or preſerved ones may be uſed, and where theſe are wanting, recourſe muſt be had to the chymical acids. All the patient's food and drink ſhould, in this caſe, be ſharpened with cream of tartar, elixir of vitriol, vinegar, or the ſpirit of ſea ſalt.

Very extraordinary effects in the land ſcurvy have been produced from a milk diet. When theſe cannot be had, ſound cyder, perry, or ſpruce beer, may be uſed. Wort has likewiſe been found to be a proper drink in the ſcurvy. A decoction of the tops of the ſpruce fir is likewiſe proper. It may be drank in the quantity of a pint twice a day. Tar-water may be uſed for the ſame purpoſe, or decoctions of any of the mild mucilaginous vegetables; as ſarſaparilla, marſh-

mallow

mallow roots, &c. Infuſions of the bitter plants, as ground ivy, the leſſer centaury, marſh trefoil, &c. are likewiſe very beneficial.

We have thus detailed the common opinion, and pointed out the uſual treatment in caſes of ſcurvy.

But the introduction of Velno's Vegetable Syrup into general uſe, and the perſevering efforts and great ingenuity of Mr. Swainſon, its preſent proprietor, have rendered the opinions of this gentleman concerning ſcrophula and ſcurvy very prevalent, which we ſhall ſtate from his various and excellent publications.

He does not ſeem to think that ſcrophula and ſcurvy are hereditary; but that perſons of delicate habits and fine ſkins are more liable to them, than thoſe of ſtrong texture and dark complections. Theſe conſtitutions being hereditary, the diſeaſes have that appearance.

He refers their origin to obſtruction in the neceſſary ſecretions; and particularly in perſpiration. This may be occaſioned by cold, by moiſture, by blows, and by numerous other cauſes cloſing the mouths of the excretory veſſels, and repelling into the lymphatic ſyſtem the matter which ſhould have been diſcharged. This ſoon becoming morbid, occaſions that general weakneſs and that emaciated appearance which are the known ſymptoms of ſcurvy in weakly children and in delicate young women.

In proportion to the injury of the lymph, the evil ſymptoms appear. When it ſeizes the glands of the neck, under the arms, in the groin, &c. &c. it produces tumors; and if thoſe break into inveterate ulcers with ſcurfy appendages, it aſſumes the form of ſcrophula. If it fixes on the glands of the lungs, an inflammation

flammation of the lobes takes place, terminating in a conſumption. Indeed, he ſtrenuouſly maintains the opinion on which it is ſaid the late Sir Richard Jebb proceeded in the caſe of his Royal Highneſs the Duke of Glouceſter, and to which his practice afterwards owed its ſucceſs and reputation—that conſumption is always the conſequence of the ſcorbutic ſtate of the lymph; and that even the ſlighter coughs ariſe from inhaling moiſt or bad air, which checks the excretions in the region of the lungs, and lodges ſome offending matter, which he calls ſcorbutic. This is a doctrine of great importance in this country; and though Mr. Swainſon has maintained it, with a view to the uſe of the vegetable ſyrup, we think his arguments very fair, and his caſes indiſputable.

He goes even farther, and aſſerts, on the authority of well-atteſted caſes, that the green ſickneſs, the obſtructions of the menſes, and the fluor albus or whites, are all ſcorbutic ſymptoms: and he avers, with great appearance of honour and truth, that the ſyrup taken in time, properly, and in ſufficient quantities, never fails of removing them.

We ſhall not follow him in his enumeration of the effects of diſeaſed lymph in producing gout, rheumatiſm, palſy, apoplexy, &c. but only add, that when theſe dreadful diſeaſes are owing to the cauſe he deſcribes, it is very probable that a powerful aſſiſtance and relief may be obtained in the vegetable ſyrup.

The only difficulty occurring to us, in the effects of this medicine, which are the ſubjects of praiſe or of controverſy at this time through the kingdom, is its aſſured infallibility, according to a reſpectable liſt of caſes given by Mr. Swainſon, in the venereal diſeaſe.

The

The regulars here attack him, and affirm that in theſe caſes he uſes mercury: his mode of refuting this charge, we think very able. The vegetable ſyrup cures diſeaſes by opening the excretory veſſels, and purifying the lymph. It is thus it cures a conſumption at the root; takes away the ſources of ſcorbutic appearances, ſcrophulous ulcers, and removes the obſtructions which interrupt the menſes, and bring on fluor albus, or the whites.

The venereal virus produces no evil as a diſeaſe, until it enters the lymphatic ſyſtem, and produces buboes, ulcers, and the lues. This, we ſuppoſe, Mr. Swainſon conſiders as a ſpecies of ſcrophula by inoculation; and the ſyrup correcting the lymph, and expelling this like any other morbid matter by the excretories, cures the venereal diſeaſe on the ſame principle it cures the ſcrophula.

This is a ſimple and beautiful theory: we hope, indeed we are inclined to believe, from compaſſion to our fellow creatures, that Mr. Swainſon will be able fully to convince the world of its truth, by the continuance of his preſent uncommon ſucceſs.

That mercury is a ſpecific for the venereal poiſon, is now an opinion only for a bigotted old woman. We have no doubt, from the known effects of the reſinous woods, and aromatic ſeeds, that a man like Mr. Swainſon, having a moderate knowledge of chemiſtry, and applying his whole time to ſuit proper menſtrua to the extraction of their virtues, may produce a vegetable preparation as powerful as mercury, and yet having none of its inconvenient and fatal effects. We wiſh, therefore, either that government would make it Mr. Swainſon's intereſt to diſcloſe the recipe, and his manner

of executing it; for the ſyrup is very much improved in his hands; or that the faculty, inſtead of deſcending to illiberal cavils, and ſubjecting themſelves to the public conviction of falſehood, would always preſcribe the vegetable ſyrup, whenever they want the aſſiſtance of the decoction of the woods or any alterative medicines; for in the hands of the common apothecaries and chemiſts, the decoction of the woods is not better than a decoction of deal chips; and all the vegetable preſcriptions of our phyſicians called alterative, are ineffectual, from the ſlovenly, careleſs, and haſty manner of preparing them.

We are informed that the whole proceſs in the preparation of the vegetable ſyrup by Mr. Swainſon takes a month. This does not look like the conduct of an impoſtor; nor would the fiftieth part of the trouble be neceſſary to prepare a vehicle for mercury.

SEPTEMBER.

ARTICLES FOR THE SEASON.

Meat.
Beef
Buck veniſon
Lamb
Mutton
Veal.

Poultry.
Chickens
Ducks
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Teal
Turkies.

Fiſh.
Carp
Cod
Flounders
Haddocks
Lobſters
Oyſters
Pike
Plaice
Salmon
Scate
Smelts
Soles
Tench
Thornback.

Vegetables.
Artichokes
All ſorts of herbs
Beans
Cabbages
Cardoons
Carrots
Cauliflowers
Celery
Cucumbers
Endive
Eſchalots
Finochia
Garlic
Leeks
Lettuce and all ſorts of ſallad
Muſhrooms
Onions
Parſley
Parſnips
Peaſe
Potatoes
Radiſhes
Salſafy
Scorzonera
Sprouts
Turnips.

Fruit.
Apples
Cherries
Currants
Figs
Filberts
Grapes
Hazle nuts
Medlars
Melons
Peaches
Pears
Plums
Quinces
Walnuts.

DIN-

DINNERS OF TWO COURSES.

First Course.

Soup Creſſe removed
with crimp cod.
The fiſh removed with roaſt gooſe.

Fried tripe. — Chickens boiled.

Fiſh ſauce.

Melted butter. — Rabbit pie. — Parſley ſauce.

Papiets de Veau. — Ox palates.

Cauliflower.

Ham boiled. — Calf's-head roaſted. — Shoulder of mutton in epigram.

Kidney beans.

Sheeps' tongues, Spaniſh way. — Petty patties of oyſters. — Ragoo of pigeons.

Currant jelly. — Veniſon ſauce. — Apple ſauce.

Soup le Rein removed
with ſtewed tench.

Turkey and oyſter ſauce. — Fiſh removed with haunch of veniſon. — Pork ſteaks.

Second Course.

Salmigundy. — Pheaſants roaſted. — Tartlets.

Pine apple.

Artichokes, Italian way. — Raſp cream. — Ragoo mille.

Peaches. — Cray fiſh. — Pears.

Potted char. — Deſert frame. — Collared eel.

Plums. — Crabs dreſſed in their ſhell. — Grapes.

Eggs Ducheſs faſhion. — A trifle. — Muſhrooms fricaſſee.

Cheeſecakes. — Melon. — Green codling tart.

Partridges roaſted.

DINNERS OF THREE COURSES.

First Course.

Diſh of fiſh.

Chickens. — Chine of Lamb. — Veal collops.

Pigeon Pie. — Gravy Soup. — Almond tart.

Harico of mutton. — Roaſt Beef. — Ham.

Diſh of fiſh.

Second Courſe.

Wild Fowls.

Peas.	Damaſcene Tarts.	Ragooed lobſters.
Sweetbreads.	Crocant.	Fried piths.
Craw fiſh.	Maids of Honour.	Fried artichokes.
	Partridges.	

Third Courſe.

Ragooed palates.

Compot of biſcuits.	Tartlets.	Fruit in jelly.
Green truffles.	Epergne.	Cardoons.
Blancmange.	Cheeſecakes.	Ratafia drops.
	Calves ears à-la-braiſe.	

SKIRRETS.

To fricaſſee SKIRRETS. Having waſhed the roots very well, and boiled them till they are tender, take the ſkin off the roots, and cut them into ſlices: have ready a little cream, a piece of butter rolled in flour, the yolk of an egg beat, a little nutmeg grated, two or three ſpoonfuls of white wine, a very little ſalt, and ſtir all together. Your roots being in the diſh, pour the ſauce over them. It is a pretty ſide diſh.

Another way. Boil the roots till they are tender, blanch them, cut them in pieces; put ſome cream, a little butter rolled in flour, a little kyan, ſalt, and nutmeg, into a ſtewpan; boil it up, put in the ſkirrets, and let it juſt heat through.

SMALL

SMALL POX.

The ſmall pox is diſtinguiſhed by two different names; the *diſtinct*, and the *confluent*: each denomination deſcriptive of the kind it denotes.

The approach of both ſorts is preceded by ſimilar ſymptoms: the firſt of which is generally unuſual wearineſs and diſinclination to motion; then follow ſhiverings ſucceeded by violent heats, thirſt, pains in the head, back, and all the limbs; and, more particularly in grown perſons, a diſpoſition to ſweat, pains at the pit of the ſtomach, ſickneſs, inclination to vomit, offenſive breath, a diſagreeable taſte in the mouth, heavineſs, and inclination to ſleep, which is generally accompanied with reſtleſſneſs and uneaſineſs, and diſturbed with ſtartings and dreams of horror; and immediately before the appearance of the eruption, children and perſons of very delicate conſtitutions are frequently ſubject to convulſions.

This diſeaſe has been divided into four, but more commonly into three periods, each attended with a fever of a different kind: the firſt is the nervous, and accompanies the efforts of nature to ſeparate the infected matter from the blood, and throw it out on the ſurface of the ſkin; the ſecond is of the ardent or burning kind, which appears during the maturation or ripening of the eruption, and which is commonly called the ſecondary fever; and the third, which is occaſioned by a return of the diſeaſed matter into the blood, and is therefore more or leſs putrid.

The appearance and progreſs of the ſmall pox, (which is undoubtedly a diſeaſe of its own kind, and perfectly diſtinct from all others) is, for the moſt part, as follows: In the mild and favourable ſort, the puſtules will begin to appear on the fourth or fifth day from the firſt illneſs, when the preceding ſymptoms will abate, and the diſeaſe will ſhew itſelf in ſmall ſpots of a pale red, ſprinkled here and there over the face, neck, and breaſt, which are the parts in general firſt affected; and at this period a ſweating, which the ſtricteſt attention to keeping the patient cool will hardly prevent, commences till the puſtules begin to ripen, when it diſappears naturally. On the ſecond day, theſe ſpots begin to be viſible in a more diſtinct form in different parts of the body; and from this time they riſe and fill with a thick digeſted matter of a white colour, which changes to yellow about the ninth, tenth, or eleventh day; after which they will form into cruſts, or ſcabs, and gradually fall off, the intermediate ſpaces of ſkin between the puſtules appearing, during the progreſs, of a lively red, which continues even after the eruptions have diſappeared.

As the puſtules increaſe in quantity and ſize, the throat is frequently affected with ſoreneſs, and the eyelids are ſometimes ſo charged with eruptions and diſtended with the ſwelling, that the patient becomes blind; and this ſwelling extends not only over the whole head, but even to the hands, fingers, and feet, and is proportioned to the quantity of eruption; but this is by no means an unfavourable ſymptom, and it abates as ſoon as the puſtules are arrived at the full ſize and ripeneſs, and goes off, as it firſt appeared, by degrees.

The

The regular declenſion or going off of this diſeaſe is marked by the falling of the face, and change of colour in the puſtules there, in the firſt place, whilſt thoſe in other parts continue full and large. An alteration is next diſcovered in the hands and fingers, and the change follows over the other parts of the body; on the fingers and hands there is ſeldom or ever any ſcurf, or ſcaly matter, but the burſting of the pock finiſhes the proceſs.

The confluent or malignant ſmall pox has alſo the ſame ſymptoms as the diſtinct and favourable ſort; but the eruption appears generally a day or two earlier, after the beginning of illneſs; and inſtead of the ſweating, it is frequently accompanied by a looſeneſs: the ſooner the puſtules break through the ſkin, the greater apprehenſion there is that they will run together. This ſort ſeldom comes out later than the third day, except in caſes attended by very extraordinary ſymptoms; ſuch as acute pains in the loins or ſide, violent rheumatic aches in the limbs, and uncommon pains in the ſtomach, occaſioning ſickneſs and vomiting; and when the eruption is delayed by ſuch complaints, much danger may be apprehended.

Nor do the ſymptoms, as in the diſtinct ſort, vaniſh on the appearance of the eruption; on the contrary, they continue with great ſeverity, and frequently for many days after this event. In the firſt ſtage, the ſpots are hardly to be diſtinguiſhed, but by the time of coming out, and the preceding ſymptoms, from the meaſles; after a time, they join or run together, and reſemble a red bladder, which covers the whole face, occaſioning an earlier ſwelling than the diſtinct ſort; and as the diſtemper

temper advances, the whole ſurface of the face appears as if a thin white ſkin was ſtretched tightly over it: from the eighth day, or thereabout, this ſkin becomes more rough to the touch, and changes to a dark brown, inſtead of a yellow colour, as in the milder ſort: and this roughneſs and alteration of colour increaſes, until the ſuperficial ſkin cracks and falls off, which does not ſometimes happen, where the diſeaſe has been of the worſt kind, till towards the twentieth day; when the ſkin beneath appears at firſt ſmooth, but is ſoon covered with ſcales, of ſo corroſive a quality, as not only to occaſion pits, ſcars, and even ſeams, but in ſome very bad caſes to ſtrip off the ſkin of the back and ſhoulders, leaving the fleſh bare, and producing actual ſores.

Upon the whole, when the puſtules appear diſtinctly, ſlowly, and gradually; when they increaſe in height and ſize, and as well as the intermediate ſkin, preſerve a proper colour; when the ſwelling commences and goes off gradually; and when the ſeveral fevers are moderate, and the change or ripening is effected without the intervention of any extraordinary ſymptom; this diſeaſe is of the moſt mild and favourable kind, and is ſeldom attended with any conſiderable degree of danger.

But when the whole ſurface of the face is covered with puſtules; or when they are intermixed with dark, black, or purple ſpots or blotches; when a continual retention of urine, violent unintermitting pains in the head and eyes, and throbbings in the neck, indicate an increaſing fever; when the ſwellings of the head and face fall before the eruption has arrived to ripeneſs; when a black ſlough or cruſt covers the tongue; when the patient, at the maturity of the puſtules, is ſeized with

ſhivers

ſhiverings, faintneſs, or violent palpitations; when there is a diſcharge of blood, either in the urine, or from the lungs, by expectoration or ſpitting: in either of theſe caſes the patient is in imminent danger, and the moſt fatal conſequences may be dreaded.

The introduction and very general uſe of *inoculation* has been productive of the moſt happy and advantageous changes, both in the management and medical treatment of the natural ſmall pox.

That thouſands of lives are annually ſaved in theſe kingdoms by inoculation, is beyond the poſſibility of queſtion; that many thouſands more might be in like manner preſerved by rendering it univerſally extenſive, is a propoſition too evident to be contended: and we ſubmit to thoſe patriotic members of the legiſlature, who have exerted great powers of ability in providing for the health and comfort of their fellow-citizens, in a variety of inſtances, whether the eſtabliſhment of ſome general and national plan, for the purpoſe of enabling all ranks and conditions of people to avail themſelves of this life-preſerving diſcovery, might not be attended with the moſt advantageous conſequences, and executed at a very moderate, if not a trifling expence.

Under the improved methods of *inoculation*, little objection is made to the age or conſtitution of the patient, or to the ſeaſon of the year in which the operation is performed.

As to the former, it ſeems to be the general opinion, that although many children under two years old have been inoculated with ſucceſs, yet the ſafer way is to let them paſs their teething; previous to, and during which,

which, they are peculiarly ſubject to a variety of diſorders; ſuch as fevers, convulſions, and fluxes; which requiring management in ſome meaſure differing from the treatment of the ſmall pox, may occaſion inconveniences: nor is it altogether reaſonable to multiply diſorders in frames ſo tender, as to run great hazard in getting through thoſe which commonly attack them in the ſtate of infancy; more eſpecially as young ſubjects have uſually a larger burden of puſtules than thoſe of a more advanced age, though they are leſs able to bear them.

To this may be added, the extreme difficulty of prevailing on children to ſwallow medicine of any kind, in the greateſt emergency; and as an eruption heavier than uſual, or other circumſtances may occur, in which there may be an abſolute neceſſity for adminiſtering phyſic, we may in ſuch caſes have the melancholy proſpect of infants dying before us for want of that help, which, though at hand, we are utterly unable to afford them from this untoward circumſtance: and the forcing medicine down their little throats is attended with ſo much uncertainty, that no dependance can be placed on the quantity actually taken down, and is productive of ſuch dread and agitation in the patient, as frequently to occaſion convulſions, and other deplorable conſequences.

For theſe reaſons, it ſeems more prudent to defer the operation till after the cutting the firſt teeth is completed, as the delay is ſo ſhort, and the riſque of infants being expoſed to natural infection not very imminent; but if, from ſituation, the neceſſity of removing them, or other circumſtances, there is great probability of their being infected, recourſe ſhould be had to inoculation,

lation, as at every period of life attended with much leſs danger.

In the inoculation of children, attention is recommended to an obſervation, that thoſe who, from the uncommon ſize of their heads, may be ſuſpected of being afflicted with any degree of the hydrocephalus, or dropſy in the brain, have from experience been found improper ſubjects of inoculation; children labouring under this complaint, being always liable to a ſtupor or heavineſs, which this operation hath, in ſome inſtances, been known to promote, though the diſeaſe of the ſmall pox hath proceeded with very favourable ſymptoms.

The ſucceſsful practice of admitting freſh air to patients in the ſmall pox, as an indiſpenſable regulation, renders the ſeaſon of the year when the diſeaſe is to be taken of very little conſequence; it being at all times neceſſary to guard againſt too much warmth, even in the winter, and the heats of ſummer being never ſo intenſe in this country as not to be eaſily avoided, by chuſing an apartment with a northern aſpect, which ſhould always be attended to when this operation is performed in the midſt of ſummer.

Not but that ſome regard ſhould be paid to circumſtances of particular kinds: at whatever ſeaſon of the year any epidemic diſtemper, ſuch as the fever or ſore throat, prevails, it will be proper to ſuſpend our intentions to inoculate, whilſt the poſſible occurrence of ſuch a diſtemper may render the buſineſs we have in hand leſs manageable.

Preparation for inoculation hath, till very lately, been held to be indiſpenſable; and though modern experience

hath tended to leſſen the cautions uſual on that head, yet we do not conceive they are to be altogether rejected in regulating a regimen: perhaps little attention is neceſſary to ſuch as are moderate in fleſh, and enjoy perfect health; but where a very full habit indicates groſs humours, or where the conſtitution, reduced too low, requires corroboration or ſtrengthening, or where the ſtomach or bowels appear to abound with crude matter, ſome regulation may unqueſtionably be attended with advantage.

In the former caſe, a total or pretty general abſtinence from animal food, or the juices, in broth; from cheeſe, and any conſiderable quantity of butter; from fermented liquors, except a moderate uſe of well-concocted ſmall-beer; and from every kind of ſpice, or whatever elſe is of a heating nature, is certainly adviſeable. The diet to conſiſt of fruit-pies, pudding, rice-milk, and other milk meats; ſago, and roots, greens, and vegetables of all kinds, not excepting ſallads; together with eggs and butter in the puddings and pie-cruſt, but not otherwiſe; tea, coffee, or milk-chocolate, for breakfaſt: and all to be taken in ſuch moderate quantities, as not to offend or load the ſtomach.

The uſual time of preparation is nine or ten days before the operation; and under the circumſtances which render this preparation neceſſary, it will be proper for the patient to take, at equal diſtances, three doſes of the following powder, which may be either ſwallowed in the form of pills, or made into a bolus with jelly or ſweet-meats:

Calomel, ſixteen grains; powder of crabs-claws, ten grains; golden ſulphur of antimony, two-thirds of a grain;

grain; emetic tartar, one quarter of a grain.—Theſe muſt be carefully rubbed and mixed in a mortar; and the doſe is from three to four grains for children, and from five to ſix grains for grown perſons, to be taken the laſt thing at night, and to be purged off the following morning with Glauber's ſalts diſſolved in warm water or gruel, and the quantity proportioned to the age and ſtrength of the patient: on the days of purging it will be proper to refrain from eating vegetables.

But all that has been ſaid of regimen and medicine ſhould be applied only to habits of particular fullneſs or groſſneſs; where there is no ſuch appearance, and where there is no ſuſpicion of bad humours or vitiated juices, no ſuch preparation is at all neceſſary, nor any reſtrictions as to diet, till after the infection is actually applied.

In the evening of the day in which the inoculation hath been performed, a doſe of the above powder may be given in quantity as before ſpecified; and from this time the regulations concerning food ſhould be carefully attended to, nor any deviation permitted, unleſs in caſes and under circumſtances which will hereafter be particularly noticed.

The communication of the ſmall pox by inoculation hath been performed in a variety of ways; on the firſt introduction of the practice, large quantities of infected matter were applied on pledgets of lint or cotton, to numerous inciſions of certain lengths, depths, and even forms; but this method being productive of diſagreeable ulcers and ſores on the parts, which continued to be troubleſome, and were ſometimes found to be obſtinate, long after the total diſappearance of the diſeaſe, a thread moiſtened with the matter, by drawing it through

a ripe puſtule, was ſubſtituted, and being laid between the lips of the inciſion, was ſecured with a plaiſter; but this method producing the ſame inconveniences, though in a leſs degree, the following is now recommended, as liable to none of the objections of the former practices:

It having been long determined by experiments which leave no room for doubt, that if the patient receives infection naturally and artificially at the ſame time, or if the natural infection ſhould even have preceded inoculation, but has yet occaſioned no ſymptoms of approaching illneſs, that which is received by the wound, mingling with the blood at once, operates firſt, and deſtroys the diſpoſition of the body to be affected by the natural taint; it will be adviſeable to perform the operation in the ſame houſe, or, if convenient, in the ſame room, with the perſon from whom the matter is intended to be taken.

The point of a lancet or needle being dipped in the freſh infected matter, either from a puſtule, if in the natural way, or from the place of inſertion, if the perſon from whom it is taken is under inoculation, make a ſlight puncture or inciſion on the middle of each arm above the elbow, which may be juſt deep enough to paſs the external ſkin, but need not draw blood (which is, however, no way material) and the inſtrument being introduced, let it be gently turned, and a ſlight preſſure made with the finger towards the point of it, by which means ſome of the matter will be certainly wiped off, and left within the puncture or ſcratch.

The infection thus introduced, no application of any kind ſhould be made to the places where it is communicated,

nicated, for either bandage or plaiſter are ſo far from being neceſſary, that they ſerve to prevent the certain diſcovery of the infection having taken place, which will ſhew itſelf by a degree of inflammation about the part; nor are theſe ſlight perforations of the outer ſkin attended with the dangers of ulcers, ſores, and mortifications, which were frequently occaſioned by inciſions and dreſſings.

It does not appear to be in the ſmalleſt degree material, whether the infection be taken from a ſubject of inoculation, or from one diſeaſed in the natural way, either may be indifferently uſed, and either will produce the ſame effects.

But as doubts have ariſen with reſpect to the particular ſtage of the diſeaſe, at which the matter for infecting ſhould be obtained, it may be neceſſary to remark, that the time generally pointed out for this purpoſe is during the continuance of the fever which accompanies the eruption.

The infection thus communicated, on the evening of the ſame day give a doſe of the powder before deſcribed; and from this time let the regimen be particularly attended to. To grown perſons it will be proper to give a ſmall doſe of Glauber's ſalts, or manna, and the infuſion of ſenna, on the mornings following after the powders are taken; but unleſs the powders ſhould fail to produce a ſtool or two, this will not be neceſſary for children.

The progreſs of the infection will appear in a ſmall degree of inflammation about the punctured part, ſo ſlight at firſt as only to be diſcoverable by the help of a magnifying glaſs, and this frequently ſo early as the

ſecond

ſecond day: on the fourth or fifth day the part will be ſomewhat hard to the touch, the inflammation will be more viſible, attended with itching, and the immediate ſcratch or puncture will appear to be covered with a kind of thin ſkin, beneath which a ſmall quantity of fluid will be diſcernible; the whole aſſuming the appearance of a burn.

About the ſixth day a pain and ſtiffneſs is generally felt in the arm-pit; and this is conſidered as an agreeable ſymptom, foretelling the near approach of the eruption, and denoting a favourable progreſs of the diſeaſe: and at this time another doſe of the powder may be adminiſtered, under the foregoing directions.

Sometimes on the ſeventh day, but more frequently on the eighth, the ſymptoms of the eruptive fever will begin to appear, ſuch as ſlight remitting pains of the head and back; increaſed ſtiffneſs in the arm-pits; ſhiverings of ſhort duration; and alternate heats, which continue, more or leſs, till the whole eruption is complete. A very diſagreeable taſte in the mouth, and an offenſive breath, are alſo uſual ſymptoms about this time; and the body begins to emit a ſmell peculiar to this diſorder, at the particular period of eruption: and to theſe ſymptoms may be added the appearance of the infected parts, where the inflammation now ſpreads faſt, and the punctures generally appear, upon inſpecting them through a glaſs, to be almoſt ſurrounded with ſmall puſtules, ſo cloſe together, as to be in a manner confluent; and theſe puſtules increaſe in ſize, and extend as the diſeaſe advances.

On the tenth or eleventh day, a partial eruption, of a lively colour, ſurrounds the place of inſertion, and frequently

quently extends half way round the arm, but more commonly is about the ſize of a ſhilling; and being under the cuticle, or external ſkin, is neither perceptible by the touch, or painful. When this appearance accompanies the eruption of the ſmall pox, it is of a very pleaſing nature, as it almoſt infallibly predicts a moderate quantity of puſtules, the fever and every other diſagreeable ſymptom ſoon ſubſide, and all danger and difficulty are at an end.

At this ſtage of the diſeaſe it may be neceſſary to repeat the powder, in which caſe it ſhould be given as uſual at night; and on the following morning this laxative draught:

Infuſion of ſenna, two ounces; manna, half an ounce; tincture of jalap, two drams.—But neither the former medicine, nor this, will be neceſſary, unleſs the appearance of the eruptive ſymptoms is accompanied with any particular degree of violence; and in that caſe theſe preſcriptions are calculated for grown perſons of robuſt habits and conſtitutions.

And here it may be neceſſary to repeat the remark, that although preparation by regimen and purging medicine may be neceſſary, in the habits laſt deſcribed, yet infants, children, and young people in perfect health, not remarkably groſs or full of blood, will need few or none of theſe precautions; the ſingle doſe of the powder, adminiſtered the day on which the infection is communicated, will generally be very ſufficient for ſuch ſubjects, and in ſome caſes even that may be diſpenſed with.

The progreſs of the eruption is unqueſtionably the moſt intereſting period of this diſtemper; and the management

nagement of the patient, according to the modern method, at this particular ſtage of it, differing ſo very widely from former practice, it will be requiſite that the directions on this head ſhould be plain and intelligible: that no neceſſary ſteps may be omitted for want of the reſolution which follows perfect information, nor any hazardous experiments tried which may produce the dangers of the diſeaſe in attempting to avoid them.

When the ſymptoms of the eruptive fever begin to make their appearance, the patient is by no means to be confined to his bed, or even to his room; on the contrary, as ſoon as the purging medicine has operated (if it has been neceſſary to adminiſter it) let him keep abroad in the open air, nor ſhrink from it, however diſagreeable; being equally cautious not to ſtand ſtill, and to avoid the contrary extreme of violent exerciſe; and if he is troubled with thirſt, let him quench it in draughts of cold water.

By the regimen above preſcribed, and the alterative purging medicines and cool air at the period of eruption, terrifying ſymptoms, and large quantities of puſtules, are in moſt caſes avoided: and certain it is, that thoſe who are moſt inclined to keep abroad, conforming, in all other reſpects, to the regulations laid down, generally paſs through the diſeaſe more eaſily than thoſe who confine themſelves within doors; and are in general ſo ſenſible of the benefit they derive from the air, as to ſolicit others in the ſame ſituation, rather to ſubmit to it at firſt as a hardſhip, than to forfeit the advantages with which the uſe of it will be certainly attended.

As

As ſoon as the maturation or ripening is completed, and no farther apprehenſion remains of danger from the diſeaſe, the courſe of diet may be altered to one ſomewhat more generous: boiled meats, ſuch as chicken, mutton, or veal, may be allowed in ſmall portions; but particular caution ſhould be uſed in the return to the ordinary quantities of animal food; and ſome reſtraint will be neceſſary for a certain time, both with reſpect to this kind of diet and the uſe of fermented liquors.

If the parts where the infection was received ſhould not completely heal up at the time the ſcabs of the pock fall off, but ſhould continue to diſcharge matter after that event; this appearance is occaſioned by ſome peculiarity in the habit, which ſhould be removed by gentle purgatives and alteratives, the wounds being in the mean time covered from the air, and the inconveniency which may ariſe from the adherence of the linen prevented by a plaiſter of white cerate, or any other inoffenſive ointment.

In the inoculated ſmall pox it ſometimes happens, that a conſiderable fever remains after the eruption, the ſkin ſeems ſtretched and painful, and the throat becomes ſo ſore as to occaſion difficulty in ſwallowing; in ſuch caſes a bliſter plaiſter has been recommended to be applied on the inciſions, which are generally the principal ſeats of complaint, being ſurrounded by a cluſter of puſtules, frequently confluent, and occaſioning ſome ſwelling or ſtraitneſs of the ſkin, and inflammation; a diſcharge, therefore, of the acrid matter from this ſource of the whole diſeaſe ſeems the obvious method of procuring relief. The bliſter may be about the ſize of a

crown piece, or leſs, according to the extent of the inflammation, and may be compoſed of—Powdered cantharides, or Spaniſh flies; and common yellow baſilicon. The plaiſter ſhould be laid on ſoft linen cloth, and the edges of it prepared to adhere, by being ſpread with the common ſticking plaiſter, ſo that the bliſter may be prevented from ſlipping, or being rubbed off from the part, in the patient's ſleep; but the immediate inciſion or puncture ſhould be covered with a doſſil of lint or cotton before the bliſter plaiſter is laid on, which ſhould remain about twelve hours, and then be removed and dreſſed with yellow baſilicon ſpread on a pledget of lint, and the whole covered with a plaiſter of the following cerate; the preſcription for which is given, as not only making the beſt plaiſter for dreſſing bliſters, but in other caſes an innocent healing ſalve or ointment, and very proper to be applied as the exterior dreſſing of many other wounds and ulcers:

Take of olive oil, half a pound; yellow wax and prepared calamy, of each a quarter of a pound. Melt the wax with the oil, and as ſoon as the mixture begins to congeal, ſprinkle in the calamy, and ſtir well till the whole is quite cold. This is the common Turner's cerate, and called in the London Diſpenſary, cerate epulotic.

Though this method of applying bliſters in the inoculated ſmall pox hath not been uſually practiſed, yet it hath been ſo frequently tried of late, and hath ſo conſtantly been attended with ſpeedy and effectual relief, that it ought to be recommended to general uſe on ſuch occaſions, bliſters on the other parts of the body being much more troubleſome and leſs efficacious; beſides, that

that the little additional pain which follows bliſtering the part already ſore and inflamed, is no conſiderable object, with children more eſpecially; nor does the bliſtering protract the healing of the inciſions; on the contrary, it hath been remarked, that thoſe which have been bliſtered are generally whole before others to which no application hath been made.

To what has been ſaid of variations, ſymptoms, and effects, in the inoculated ſmall pox, may be added, that in ſome caſes, but particularly thoſe of children, though the eruption hath been moderate, and the puſtules of a good kind, yet very early in the diſeaſe the inoculated parts have been highly inflamed, and have occaſioned reſtleſſneſs, and even a degree of fever; whenever this happens, a common poultice of bread and milk will remove the complaint with certainty.

The *confluent* ſmall pox, the melancholy effects of which are but too viſible in many unfortunate individuals who have been the victims of its malignity, claims our attention; and if the ſubſtitution of a mode of treatment, different in all reſpects from that under which thoſe melancholy conſequences enſued, will produce ſymptoms ſo different as to leſſen our fears of death and deformity, and increaſe our hopes of not only preſerving our lives, but the comforts of them, it is an object to be purſued with zeal, earneſtneſs, and aſſiduity.

It is of great importance to be acquainted with the means of diſtinguiſhing the approach of this diſeaſe from that of certain fevers, to the preceding ſymptoms of which thoſe of the ſmall pox bear a very ſtrong reſemblance; but knowledge of this ſort muſt be acquired by great attention, which will in moſt caſes, where oppor-

tunity offers of making the obſervations in time, enable us to prognoſticate with tolerable certainty what particular diſeaſe will follow.

If the fever runs remarkably high; if the hot and cold fits, but in particular the latter, be long and ſevere; if loathing and vomiting ſucceed, and are accompanied with pains in the head, back, and loins; if the patient appears oppreſſed with wearineſs, and diſturbed with a great degree of reſtleſſneſs; if his breath is uncommonly offenſive, and he complains of a very diſagreeable taſte in his mouth; and if theſe ſymptoms ſhould have the additional ſupport of any probable danger of recent infection, little doubt can be entertained of their indicating the approach of the ſmall pox: but ſhould that not happen to be the caſe, there is no reaſon to apprehend that the regimen which ſuch a belief points out, will prove in the ſmalleſt degree injurious; ſhould the complaints terminate in any other kind of fever.

Suppoſing, therefore, that we are apprized, by all or ſeveral of theſe ſymptoms, of the approach of the ſmall pox, the ſame medicines, adminiſtered at the ſame times, in the ſame proportions, and ſubject to the ſame exceptions; the ſame regimen as to diet, and the ſame treatment as to air, which hath been already directed for inoculated patients, may be recommended on the beſt authority, that of experience, as the ſureſt means to obviate the difficulties, and ſurmount the dangers, to which the ſufferer under this diſeaſe is much more certainly liable under the old and very contrary practice.

In all caſes where the preventive methods could not be tried, and when the eruption is already out or beginning to appear, the mercurial powder may be immediately

ately adminiſtered, and the purging draught ſhould follow it on the ſucceeding morning, as directed in the ſmall pox by inoculation; the patient ſhould alſo be moved about in the open air; and if the progreſs of the eruption does not occaſion an abatement of the ſymptoms, but they ſhould continue or increaſe in violence, the medicines ſhould alſo continue to be repeated at intervals during the courſe of the eruptive fever; and from this treatment great hopes may be entertained that the eruption may be checked, and the conflux and conſequent danger in a great meaſure prevented.

But we are not to expect that the effects of regimen or management will be ſo immediately and ſenſibly felt in the natural diſeaſe, where the ſymptoms are generally violent, as in inoculation, where they are for the moſt part much more moderate.

Though the pain in the head derives certain relief from the cool air, yet it doth not ſo certainly, at leaſt not ſo immediately, follow in the complaints of the back and loins; ſo that the neceſſary motion is productive of much trouble and fatigue: notwithſtanding which, the patients themſelves are in general ſo ſenſible of the benefit they receive from this toilſome undertaking.

If the patient has complained of conſiderable ſickneſs at his ſtomach, the medicines will in all probability promote it to vomiting; and this diſpoſition ſhould be encouraged by drinking freely of ſome warm diluting liquid, avoiding the cool air during this operation of the medicines, and for ſome time after, till the fatigue and perſpiration occaſioned by it are entirely gone off.

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This effect of the medicines, being followed by ſtools, will in a great degree leſſen the fever heat, thirſt, ſickneſs, and univerſal pains; and though the patient will ſometimes appear low after theſe evacuations, yet the ſymptoms being abated, and the ſtomach capable of taking nouriſhment, a little thin broth of chicken or mutton, tea, gruel, and milk, will in moſt caſes procure conſiderable refreſhment; and a diſpoſition to ſleep ſucceeds, which ſhould be indulged, but *upon* the bed only, in the day-time, nor ſhould the patient go into it till he lays down for the night.

By this conduct the fever preceding the eruption, and the many painful and diſagreeble ſymptoms which attend it, will in moſt caſes be alleviated, and the appearance of the puſtules be delayed; and however dangerous ſuch a conſequence may have appeared in the old method of treatment, yet experience has convinced us, that the later the eruptions appear, the more mild in general is the diſeaſe.

If any degree of coſtiveneſs ſhould attend the riſing of the ſmall pox, it ſhould be removed by gentle emollient clyſters; at any rate ſtools ſhould be procured, nor ſhould the patient be ſuffered to remain much more than twenty-four hours without this evacuation: a ſtool or two every day will greatly tend to cool and relieve. And the following drink hath been recommended as extremely refreſhing, and very uſeful to abate the heat, and allay the thirſt, which generally attends the ſmall pox, and in particular the ſevere or malignant ſort, about the time of maturation.

Mix one part of the weak ſpirit of vitriol with two parts of the ſweet ſpirit of vitriol, to the quantity together

ther of half an ounce; add to this three pints of barley water, or other diluting pectoral drink, and take it at pleaſure.

A foul mouth, or dry and chopped tongue, ſhould be frequently waſhed, and the throat gargled with jelly of black currants diſſolved in warm water; or with honey and water, and a ſufficient quantity of the currant jelly, or of vinegar, to ſharpen it.

A ſuppreſſion of the urine, or difficulty of making water, is a complaint very common in this diſeaſe; a tea ſpoonful of ſweet ſpirit of nitre may in ſuch a caſe be added to the patient's drink; but moving him either out of the bed, or if that cannot be accompliſhed, ſetting him upon his knees, will uſually procure relief, and a free and large diſcharge of urine is attended with very good effects in the ſmall pox.

When this diſeaſe is in ſo malignant a ſtate as to be accompanied with black, purple, or livid ſpots, it will be neceſſary to have immediate recourſe to the Peruvian bark, which may be given in ſubſtance, and repeated as often as the patient's ſtomach will bear it; and it ſhould be adminiſtered in the following form:

One dram of the bark powdered; one ounce and a half of common water; half an ounce of ſimple cinnamon water; and one ounce of lemon or orange ſyrup. This may be ſharpened by the addition of a ſmall quantity of the ſpirit of vitriol.

To a child, a table ſpoonful ſhould be given every hour, and to grown perſons three or four; and as the effect depends on a ſufficient quantity being taken, it ſhould not be omitted, as often as it will remain on the ſtomach without exciting vomitings or retchings.

When

When theſe deplorable ſymptoms appear, the patient's food and drink ſhould be particularly regulated: the former ſhould be preſerved fruits, of an acid quality, and apples boiled or roaſted; and the latter ſhould conſiſt of generous wines, moderately diluted, and ſpirit of vitriol, lemon juice, orange juice, currant jelly or vinegar, ſhould be added to every draught.

Nor is the bark only preſcribed in the putrid or ſpotted ſmall pox; it may be adminiſtered with ſucceſs in thoſe kinds where the puſtules do not maturate in the uſual form, but where they fill with a thin, clear, and acrid matter, of a paler colour than that of the mild and favorable ſort of this diſeaſe; and is often of great efficacy in promoting a due preparation of the matter, and filling the pock with that of a proper colour and conſiſtence; and inſtances have frequently occurred where the uſe of the bark and acids hath affected this change, when the eruption hath been quite flat, the matter tranſparent, and the whole appearance very unpromiſing.

Bleeding, alſo, has in ſome inſtances been found very ſerviceable, when the puſtules have flattened or ſubſided. Cataplaſms to the hands and feet may ſerve to promote the ſwelling, and very ingenious phyſicians have in ſuch caſes recommended bathing the extremities in warm milk and water, and even the whole body to the breaſt.

Such a number of boils on the body are attended with ſo much ſoreneſs and uneaſineſs, that the moderate uſe of gentle opiates is generally neceſſary about this time, to aſſuage the pain occaſioned by the violent inflammation of the puſtules and ſkin: for though the ſoreneſs and anxiety complained of are generally good ſymptoms, and the want of thoſe ſenſations would indicate

cate danger, yet it is neceſſary to contribute as much as poſſible to the patient's eaſe, which in this caſe can only be procured by opiates; of which the ſyrup of poppies may anſwer the purpoſe with children, but grown perſons will require a ſmall quantity of laudanum.

The ſecondary fever comes on with the firſt appearance of an alteration or change of colour in the puſtules; and this is conſidered as the moſt dangerous period of the diſeaſe, which generally proves more mortal in this than in any other ſtage.

At this turn of the diſtemper, nature frequently makes her effort to relieve the patient by the evacuation of purging; and this diſpoſition ought to be encouraged, a change being made in the patient's regimen as to diet and drink, which ſhould at this time be more nouriſhing and generous, in order to ſupport thoſe critical and ſalutary diſcharges.

Opening the puſtules, when they arrive at maturity, hath been alſo adviſed; nor do we ſee any reaſon why the taking off a load of acrid matter, and leſſening the tenſion or ſtretching of the ſkin, both which no doubt contribute to keep the ſecondary fever high, ſhould be attended with any ill conſequence; it has certainly been practiſed with ſafety, and may probably prevent the marks which the matter corroding under the ſcab generally occaſions.

But this operation ſhould not be performed till the puſtules turn of a yellow colour, and may either be effected with ſciſſars or the point of a needle, and the matter taken off as it flows with dry lint; but as the puſtules fill again, and ſometimes even a third time, it will be neceſſary to open them repeatedly, and at leaſt

as long as they ſhew any conſiderable quantity of matter. The eruption in the face generally changing firſt, the operation will begin there, and may be extended to the other parts of the body.

Nor is this operation attended with any degree of pain or inconvenience; with children it may be performed whilſt they ſleep, without the ſmalleſt danger of awakening them; nor does it occaſion the leaſt ſmarting or ſoreneſs, but generally alleviates the inflammation which accompanies this ſtage of the diſeaſe.

At this period of the diſtemper it is of no ſmall advantage to ſhift the linen of the ſick, which muſt by this time be grown extremely foul, ſtiff, and offenſive, and exceedingly troubleſome and uneaſy to them; beſides that it pollutes the air of the chamber, and renders it ſo unfit for reſpiration, as not only to affect the patient, but to be almoſt intolerable to thoſe in health, who are engaged in attendance, and other neceſſary offices about the diſeaſed: nor is the inconvenience confined to the immediate loathſome effects of this ſpecies of impurity; the contagious particles of this poiſonous exhalation paſſing into the blood again through the lungs, tend to its farther corruption. Nor ſhould freſh air be excluded, under proper precautions, and with due regard not to make too ſudden a change, or too violent an impreſſion; but the removal of the offenſive linen, and opening windows and doors with prudence, will frequently produce very extraordinary effects in the recovery of thoſe who have ſuffered under the ſeverity of this diſeaſe; nor is it at all neceſſary, or even proper, that the linen intended to change the patient ſhould be previouſly worn by another perſon, whoſe perſpiration will certainly render it unfit for

for the intended purpoſe of refreſhing and comforting the ſick; whatever apprehenſions may have been formerly entertained, no manner of danger attends the putting on clean linen, provided it be made perfectly dry, and reaſonably warm.

Though it has been generally thought right to purge after the ſmall pox, yet it will be found to be more or leſs neceſſary, according as the patient hath been coſtive, or the contrary, during the courſe of the diſeaſe; but at any rate it will not be proper to neglect it wholly, leſt biles, ſwelled glands, and ulcers ſhould follow, which is not unfrequently the caſe.

Stewed prunes, in which have been infuſed the leaves of ſenna, is a proper purge for young children, to which may be occaſionally added a little rhubarb in powder. Youths and grown perſons may take from eight to twelve grains of rhubarb at night, and the like quantity of jalap the following morning; and theſe purging doſes may be repeated three, four, or five times, as circumſtances require.

When the diſeaſe has been ſevere, ulcers and impoſthumes will ſometimes follow: no attempts ſhould be made to repel or diſperſe theſe humours, but they ſhould be ripened by common poultices of bread, milk, and oil, as ſpeedily as poſſible; and after they have burſt, or been opened, as neceſſity may direct, the patient ſhould be purged, and for ſome time confined to a milk diet, and adviſed to the uſe of the Peruvian bark, which may be adminiſtered in ſubſtance in Port wine and water, or wine alone, according to the age and ſituation of the patient, which will alſo direct the proportion of quantity, from one dram to five or ſix, which

ſhould be repeated daily as long as theſe complaints continue.

SMELTS.

They are dreſſed like other ſmall fiſh.

SNIPES.—See Woodcocks, &c.

SNOW,—See Cream and Ornamental Dishes.

SOLES.

To boil Soles. Take two or three pair of middling ſoles; when they are ſkinned and gutted, waſh them in ſpring water, then put them on a diſh, and pour half a pint of white wine over them; turn them two or three times in it, and pour it away; then cut off the heads and tails of the ſoles, and ſet on a ſtewpan, with a little rich fiſh broth; put in an onion cut to pieces, a bunch of ſweet herbs, pepper, ſalt, and a blade of mace; when this boils put in the ſoles, and with them half a lemon, cut in ſlices with the peel on; let them ſimmer ſlowly, then take out the ſweet herbs, and put in a pint of ſtrong white wine, and a piece of butter rolled in flour; let them all ſimmer together till the ſoles are enough.

While

While the fiſh are doing, put in half a pint of veal gravy, and a quarter of a pint of eſſence of ham; let it boil a little, take up the ſoles, and pour this over it.

Another way. Clean a pair of ſoles, lay them in vinegar, ſalt, and water, two hours; dry them in a cloth, put them into a ſtewpan, put to them a pint of white wine, a bundle of ſweet herbs, an onion ſtuck with ſix cloves, ſome whole pepper, and a little ſalt; cover them, and let them boil. When they are enough, take them up, lay them in your diſh, ſtrain the liquor, and thicken it up with butter and flour. Pour the ſauce over, and garniſh with ſcraped horſe-radiſh and lemon. In this manner dreſs a little turbot. It is a genteel diſh for ſupper. You may add prawns, or ſhrimps, or muſſels, to your ſauce.

To ſtew SOLES. Having taken the fleſh from the bones of your ſoles, cut each of them into eight pieces. Put into a ſtewpan a quart of boiled gravy, a quarter of a pint of Madeira, or white wine, ſome white pepper pounded, grated nutmeg, a piece of lemon-peel; ſtew theſe together for near an hour; add ſome cream, a piece of butter mixed with flour: keep the ſauce ſtirring till it boils, put in the fiſh, ſtew it for a quarter of an hour; take out the lemon-peel, ſqueeze in ſome lemon-juice. The fiſh may be ſtewed whole in the ſame ſauce, and, if more convenient, cut the fiſh as before directed, and make a little gravy with the bones and head.

To ſtew SOLES, PLAICE, *or* FLOUNDERS. Half fry them in a proper quantity of butter of a fine brown, then take up your fiſh, put to your butter a quart of water, and boil it ſlowly a quarter of an hour, with two anchovies and an onion ſliced; then put in your fiſh again,

again, with an herring, and ſtew them gently twenty minutes; then take out your fiſh, and thicken the ſauce with butter and flour, and give it a boil; then ſtrain it through a hair ſieve over the fiſh, and ſend them up hot.

If you chuſe cockle or oyſter liquor, put it in juſt before you thicken the ſauce, or you may ſend oyſters, cockles, or ſhrimps, in a ſauce-boat to table.

To fry SOLES. Having ſkinned them, rub them over with yolk of egg, ſtrew on them very fine bread-crumbs, or flour them; fry them with a briſk fire.—Anchovy ſauce.

Another way. Scale and trim the ſoles properly, and ſkin the black ſide; mix ſome bread-crumbs with a very little flour; baſte the ſoles with beat eggs, and ſtrew them over with the bread-crumbs; fry them in hogs'-lard of a good colour. Garniſh with fried parſley, and ſerve with anchovy ſauce, &c. in a ſauce-boat.

Flounders, Plaice, and flat fiſh in general are dreſſed in the manner of Soles: in regard of *frying*, obſerve,

Flounders are only to be gutted and their ſkin waſhed with water and ſalt; well dried with a cloth, floured and put into the pan, and managed as the ſoles.

And *Plaice* after the ſame manner as flounders.

Whitings are alſo done as the former.

Smelts are only to be rubbed with a coarſe cloth, floured and fried.

Gudgeons muſt be ſcaled, gutted and waſhed, then floured and put into hot lard.—But in all theſe your fire muſt be quick.

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If you would fry them very criſp, uſe ſallad oil inſtead of lard; or you may uſe good beef or mutton dripping; but it muſt be made as hot as poſſible in the pan before you put in the fiſh.

The ſauce for theſe is melted butter and anchovy liquor, with ſhrimps or oyſters, if they are ſingle.

To marinade SOLES. Boil them in ſalt and water, bone and drain them, and lay them on a diſh with their bellies upwards: boil ſome ſpinach, and pound it in a mortar; then boil four eggs hard, chop the yolks and white ſeparate, and lay green, white, and yellow among the ſoles, and ſerve them up with melted butter in a boat.

To bake SOLES. Gut, waſh, and ſkin them, cut off their heads and tails, ſlit them along the back, and ſeaſon them with ſalt, pepper, ſweet herbs, parſley, and whole chives: rub a diſh with butter, and lay in the ſoles; pour a little melted butter over them, and ſtrew over that ſome bread grated fine. Bake them of a fine brown; and, when enough, take off all the fat: pour ſome anchovy ſauce into a diſh, and lay the ſoles upon it.

SOLES *with force-meat.* Provide a pair of large ſoles, or three or four of a leſſer ſize, take the ſkin off from both ſides, and ſoak them in a marinade for an hour; dry them upon a cloth, cut them down the middle, and and with the point of your knife raiſe up the fillets: make a little force-meat of the fleſh of a couple of plaice or flounders, a morſel of ſuet, ſeaſon with a muſhroom or two, a green onion and parſley minced, pepper and ſolt, and nutmeg: ſcrape a bit of bacon, and fry it very gently; let it cool, and pound it well with a bit

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of bread well ſoaked, and a couple of eggs, taking away one white; lift up the fleſh of the ſoles, and cram in as much as you can: bruſh ſome egg over them, and ſtrew crumbs of bread, a little oil, or oiled butter, poured upon it. Bake them about half an hour of a fine colour, and ſend them up, garniſhed with ſome little pats of your force-meat fried, and ſome parſley. For your ſauce, take a little ſweet baſil, pimpernel, thyme, and parſley, a ſhallot or two minced fine, with a ladle of your clear gravy, and a daſh of white wine, pepper, and ſalt; boil all together for a few minutes, ſqueeze in a lemon or two, and ſend it up in a fiſh ſauce-boat.

Small grills are good done in this manner, or any other firm-fleſhed fiſh.

SOLES *à-la-Françoiſe.* Put a quart of water and half a pint of vinegar into an earthen diſh; ſkin and clean a pair of ſoles, put them into the vinegar and water, let them lie two hours, then take them out and dry them with a cloth; then put them into a ſtewpan with a pint of white wine, a quarter of a pint of water, a very little thyme, a little ſweet marjoram, winter ſavoury, and an onion ſtuck with four cloves: put in the ſoles, ſprinkle a very little bay-ſalt, and cover them cloſe; let them ſimmer very gently till they are enough: take them out, lay them in a warm diſh before the fire; put into the liquor, after it is ſtrained, a piece of butter rolled in flour, let it boil till of a proper thickneſs. Lay the ſoles in a diſh, and pour the ſauce over them.

A ſmall turbot, or any flat fiſh, may be dreſſed in the ſame manner.

Fillets

Fillets of SOLES *Beſh-a-mell.* Take two cold boiled ſoles, cut them in fillets two inches long and one inch broad, lay them into a ſtewpan, and make a ſauce for them as follows: Take a pint of cream, put it in a ſtewpan, with a ſlice of ham, one onion, a bit of parſley, and half a ſmall carrot; let it boil till it comes to half a pint, ſtirring it all the time; then thicken it up with a little butter and flour, ſtrain it upon your ſoles, ſet it upon the fire to boil, add a little pepper and ſalt, and ſome juice of lemon, let it juſt ſimmer, but not boil, and ſerve it up hot. This is a pretty firſt or ſecond courſe diſh.

Fillets of Turbot are done the ſame way.

SOUPS.

OBSERVATIONS.—Great care is neceſſary to be taken that the pots, or ſaucepans, and covers, be very clean, and free from all greaſe and ſand, and that they are well tinned, for fear of giving the broth or ſoups any braſſy taſte, or of injuring the health of thoſe who partake of the ſeveral diſhes. When you make any kind of ſoups, particularly portable, vermicelli, or brown gravy ſoup, or any other that has roots or herbs in it, always obſerve to lay the meat in the bottom of your pan, with a good lump of butter; cut the herbs and roots ſmall, lay them over your meat, cover it cloſe, ſet it over a very ſlow fire; it will draw all the virtue out of the roots or herbs, and turn it to a good gravy, and give the ſoup a very different flavour from putting water in at the firſt. When your gravy is almoſt dried up, fill your pan with

water; when it begins to boil, take off the fat, and follow the directions of your recipe for what ſort of ſoup you are making. When you make old peas ſoup, take ſoft water; for green peas, hard is preferable, it keeps the peas of a better colour. When you make any white ſoup, do not put in cream till you take it off the fire. Always diſh up your ſoups the laſt thing. If it be a gravy ſoup, it will ſkim over if you let it ſtand: if it be a peas ſoup, it often ſettles, and the top looks thin. You muſt obſerve in all broths and ſoups, that one thing does not taſte more than another, but that the taſte be equal, and that it has a fine agreeable reliſh, according to what you deſign it for; and you muſt be ſure that all the greens and herbs you put in are cleaned, waſhed, and picked.

Rich Vermicelli Soup. Put four ounces of butter into a large toſſing pan; cut a knuckle of veal and a ſcrag of mutton into ſmall pieces about the ſize of walnuts; ſlice in the meat of a ſhank of ham, with three or four blades of mace, two or three carrots, two parſnips, two large onions, with a clove ſtuck in at each end: cut in four or five heads of celery waſhed clean, a bunch of ſweet herbs, eight or ten morels, and an anchovy. Cover the pan cloſe, and ſet it over a ſlow fire, without any water, till the gravy is drawn out of the meat; pour the gravy out into a pot or baſon; let the meat brown in the ſame pan, and take care it does not burn; then pour in four quarts of water, let it boil gently till it is waſted to three pints: ſtrain it, and put the gravy to it, ſet it on the fire, add to it two ounces of vermicelli, cut the niceſt part of a head of celery, add kyan pepper, ſalt to your taſte, and let it boil for four minutes. If

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not a good colour, put in a little browning, lay a ſmall French roll in the ſoup-diſh, pour in the ſoup upon it, and lay ſome of the vermicelli over it.

Another way. Take three quarts of the broth, and ſome of the gravy mixed together, a quarter of a pound of vermicelli blanched in two quarts of water; put it into the ſoup, boil it up for ten minutes, and ſeaſon with ſalt, if it wants any. Put it in your tureen, with a cruſt of a French roll baked.

Vermicelli SOUP, *with Meat or Fiſh.* For a middling diſh, take about a quarter of a pound of vermicelli, which you ſcald a moment in boiling water; then drain it, and boil in good broth or gravy, and a bit of bacon. When boiled tender, take out the bacon, ſeaſon it with ſalt, and ſkim off the fat very clean; it muſt be ſerved of a middling conſiſtence. If you would make it of a craw-fiſh cullis, or any other, you will only mix it a moment before you ſerve. If it is for meagre, ſcald your vermicelli as above, and boil it with fiſh broth and butter; adding a liaſon of yolks of eggs, made with the ſame broth and gravy.

Macaroni SOUP. Mix three quarts of ſtrong broth, and one of gravy. Take half a pound of ſmall pipe-macaroni, and boil it in three quarts of water, with a little butter in it, till it is tender; then ſtrain it through a ſieve: cut it in pieces of about two inches in length, put it into your ſoup, and boil it up for ten minutes. Send it to table in a tureen, with the cruſt of a French roll toaſted.

SOUPE *au Bourgeois.* Cut ten or a dozen heads of endive, and four or five bunches of celery into ſmall bits; waſh them, let them be well drained from the

water, and put into a large pan; pour upon them four quarts of boiling water; ſet on three quarts of beef gravy made for ſoup, in a large ſaucepan, ſtrain the herbs from the water very dry; when the gravy boils, put them in. Cut off the cruſts of two French rolls, break them, and put into the reſt. When the herbs are tender, the ſoup is enough. A boiled fowl may be put into the middle, but it is very good without.

If a white ſoup is liked better, it ſhould be veal gravy.

Another way. Boil about three pounds of beef in three pints of water, and ſkim it well; then add three or four carrots, two parſnips, a few onions, according to their bigneſs, ſtuck with two cloves, a few leeks, a lettuce, celery, ſorrel, and a ſmall knuckle of veal, firſt ſcalded: boil all together about two hours. Serve your broth and the knuckle of veal in it.

Onion SOUP. Boil eight or ten large Spaniſh onions in milk and water, change it three times; when they are quite ſoft, rub them through a hair ſieve. Cut an old cock in pieces, and boil it for gravy, with one blade of mace: ſtrain it, and pour it upon the pulp of the onions; boil it gently with the crumb of an old penny loaf, grated into half a pint of cream; add kyan pepper and ſalt to your taſte: a few heads of aſparagus, or boiled ſpinach, both make it eat well and look very pretty. Grate a cruſt of brown bread round the edge of the diſh.

Ox-cheek SOUP. Break the bones of an ox-cheek, and waſh them till they are perfectly clean; lay them in warm water, and throw in a little ſalt, which will fetch out the ſlime: then take a large ſtewpan, and put

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two ounces of butter at the bottom of it, and lay the fleſhy ſide of the cheek-bone in it; add to it half a pound of ſhank of ham cut in ſlices, and four heads of celery, with the leaves pulled off, and the heads waſhed clean; cut them into the ſoup with three large onions, two carrots, a parſnip ſliced, a few beets cut ſmall, and three blades of mace; ſet it over a moderate fire for a quarter of an hour, which will draw the virtue from the roots, and give to the gravy an agreeable ſtrength. A very good gravy may be made by this method, with roots and butter, adding only a little browning to give it a good colour. When the head has ſimmered a quarter of an hour, put to it ſix quarts of water, and let it ſtew till it is reduced to two quarts. If you would have it eat like ſoup, ſtrain and take out the meat and the other ingredients, and put in the white part of a head of celery cut in ſmall pieces, with a little browning to make it of a fine colour. Take two ounces of vermicelli, give it a ſcald in the ſoup, and put it into the tureen, with the top of a French roll in the middle of it. If you would have it eat like a ſtew, take up the face as whole as poſſible, and have ready a boiled turnip and carrot cut in ſquare pieces, and a ſlice of bread toaſted and cut in ſmall dice; put in a little kyan pepper, and ſtrain the ſoup through a hair ſieve upon the meat, bread, turnip, and carrot.

Soup *Lorraine.* Take a pound of ſweet almonds, blanch and beat them in a mortar, with a very little water to keep them from oiling; put to them all the white part of a large roaſt fowl, and the yolks of four poached eggs; pound all together as fine as poſſible. Take three quarts of ſtrong veal broth; let it be very white,

and ſkim off all the fat; put it into a ſtewpan with all the other ingredients, and mix them well together, boil them ſoftly over a ſtove, or on a clear fire: cut the white part of another roaſt fowl very fine; ſeaſon with pepper, ſalt, nutmeg, and a little beaten mace; put in a piece of butter as big as an egg, and a ſpoonful or two of the ſoup ſtrained, and ſet it over the ſtove to be quite hot. Cut two French rolls in thin ſlices, and ſet them before the fire to criſp: take one of the hollow rolls, which are made for oyſter loaves, and fill it with the mince; lay on the top as cloſe as poſſible, and keep it hot: ſtrain the ſoup through a piece of dimity into a clean ſaucepan, and let it ſtew till it is the thickneſs of cream. Put the criſped bread in the diſh or tureen, pour the ſauce over it, and place the roll with the minced meat in the middle.

Dauphin SOUP. Put a few ſlices of lard in the bottom of your ſaucepan, ſliced ham and veal, three onions ſliced, a carrot and parſnip: ſoak over the fire till it catches, then add weak broth or boiling water; boil it on a ſlow fire till the meat is done. Pound the breaſt of a roaſted fowl, ſix yolks of hard eggs, as many ſweet almonds; ſift your broth, and add ſome of it to your compound. Soak your bread, till tender, in broth; warm your cullis without boiling, and mix it with as much broth as gives it a pretty thick conſiſtence. You may garniſh this ſoup with a fowl, or knuckle of veal, as in all white ſoups.

Calf's Head SOUP. After waſhing a calf's head clean, ſtew it with a bunch of ſweet herbs, an onion ſtuck with cloves, mace, pearl barley, and Jamaica pepper: when

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it is very tender, put to it ſome ſtewed celery; ſeaſon it with pepper, and ſerve it with the head in the middle.

Gravy Soup *thickened with yellow Peas.* Put in ſix quarts of water, a ſhin of beef, a pint of peas, and ſix onions; ſet them over the fire, and let them boil gently till all the juice is out of the meat; then ſtrain it through a ſieve; add to the ſtrained liquor one quart of ſtrong gravy to make it brown; put in pepper and ſalt to your taſte; then put in a little celery and beet-leaves, and boil all till they are tender.

Giblet Soup. Provide about two pounds of ſcrag of mutton, the ſame quantity of ſcrag of veal, and four pounds of gravy-beef: put this meat in two gallons of water, and let it ſtew very ſoftly till it is a ſtrong broth. Let it ſtand till it be cold, and ſkim off the fat. Take two pair of giblets, ſcalded and cleaned, put them into the broth, and let them ſimmer till they are very tender: take out the giblets and ſtrain the ſoup through a cloth: put a piece of butter rolled in flour into a ſtewpan, make it of a light brown. Have ready, chopped ſmall, ſome parſley, chives, a little penny-royal, and a little ſweet marjoram; put the ſoup over a very ſlow fire; put in the giblets, fried butter, herbs, a little Madeira wine, ſome ſalt, and ſome kyan pepper; let them ſimmer till the herbs are tender, then ſend the ſoup to table with the giblets in it.

Hare Soup. This being a rich ſoup, is proper for a large entertainment, and may be placed at the bottom of the table, where two ſoups are required, and almond or onion ſoup be at the top. Hare ſoup is thus made: Cut a large old hare into ſmall pieces, and put it in a mug,

mug, with three blades of mace, a little ſalt, two large onions, a red herring, ſix morels, half a pint of red wine, and three quarts of water: bake it three hours in a quick oven, and then ſtrain it into a toſſing-pan. Have ready boiled three ounces of French barley, or ſago, in water; then put the liver of the hare two minutes in ſcalding water, and rub it through a hair ſieve with the back of a wooden ſpoon; put it into the ſoup with the barley, or ſago, and a quarter of a pound of butter: ſet it over the fire, and keep it ſtirring, but do not let it boil. If you diſapprove of the liver, you may put in criſped bread, ſteeped in red wine.

Soup *à-la-Reine*. Take a knuckle of veal, and three or four pounds of lean beef, put to it ſix quarts of water with a little ſalt: when it boils, ſkim it well, then put in ſix large onions, two carrots, a head or two of celery, a parſnip, one leek, and a little thyme; boil them all together till the meat is boiled quite down, then ſtrain it through a hair ſieve, and let it ſtand about half an hour; then ſkim it well, and clear it off gently from the ſettlings into a clean pan. Boil half a pint of cream, and pour it on the crumb of a halfpenny loaf, and let it ſoak well: take half a pound of almonds, blanch and beat them as fine as poſſible, putting in now and then a little cream to prevent them from oiling; then take the yolks of ſix hard eggs, and the roll that is ſoaked in the cream, and beat them all together quite fine; then make your broth hot, and pour it to your almonds: ſtrain it through a fine hair ſieve, rubbing it with a ſpoon till all the goodneſs is gone through into a ſtew-pan, and add more cream to make it white; ſet it over the fire, keep ſtirring it till it boils, ſkim off the froth as

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it riſes, ſoak the tops of two French rolls in melted butter, in a ſtewpan, till they are criſp, but not brown; then take them out of the butter, and lay them on a plate before the fire; and a quarter of an hour before you ſend it to the table, take a little of the ſoup hot, and put it to the roll in the bottom of the tureen; put your ſoup on the fire, keep ſtirring it till ready to boil, then put it into your tureen, and ſerve it up hot. Be ſure you take all the fat off the broth before you put it to the almonds, or it will ſpoil it; and take care it does not curdle.

Another way. Cut two pounds of lean veal into ſlices, and put into a ſtewpan, with two or three ſlices of ham, or lean bacon, a carrot, a large onion ſliced, four pepper corns, a dozen coriander ſeeds; let theſe draw very gently; add four quarts of beef broth, and let it boil gently for one hour; ſtrain it, pound the white of a roaſt fowl, blanch and beat half a pound of ſweet almonds, half a dozen of bitter; bruiſe four yolks of eggs boiled hard; mix theſe with the ſoup, rub it through a napkin, heat it, and add a little cream; keep it ſtirring, but do not let it boil; put into the tureen the crumb of French roll whole.

Soup *Creſſy.* Take a pound of lean ham, and cut it into ſmall bits, and put at the bottom of a ſtewpan, then cut a French roll and put over the ham: take half a dozen heads of celery cut ſmall, ſix onions, two turnips, one carrot, cut and waſhed very clean, ſix cloves, four blades of mace, two handfuls of water-creſſes; put them all into the ſtewpan, with a pint of good broth; cover them cloſe, and ſweat it gently for twenty minutes; then fill it up with veal broth, and ſtew it for

four hours: rub it through a fine ſieve or cloth, put it in your pan again; ſeaſon it with ſalt and a little kyan pepper; give it a ſimmer up, and ſend it to table hot, with ſome French roll toaſted hard in it: boil a handful of creſſes, till tender, in water, and put it over the bread.

Almond Soup. Chop a neck of veal, and the ſcrag end of a neck of mutton into ſmall pieces, put them in a large toſſing-pan; cut in a turnip, with a blade or two of mace, and five quarts of water; ſet it over the fire, and let it boil gently till it is reduced to two quarts; ſtrain it through a hair ſieve into a clear pot, then put in ſix ounces of almonds blanched and beat fine, half a pint of thick cream, and kyan pepper to your taſte; have ready three ſmall French rolls, made for that purpoſe, the ſize of a ſmall tea-cup; if they are larger, they will not look well, and drink up too much of the ſoup; blanch a few Jordan almonds, and cut them lengthways, ſtick them round the edge of the rolls flank-ways, then ſtick them all over the top of the rolls, and put them in the tureen. When diſhed up, pour the ſoup upon the rolls: theſe rolls look like a hedge-hog. Some French cooks give this ſoup the name of Hedge-hog Soup.

Soup *Santé, or Gravy Soup.* Put ſix good raſhers of lean ham in the bottom of a ſtewpan; then put over it three pounds of lean beef, and over the beef three pounds of lean veal, ſix onions cut in ſlices, two carrots, and two turnips ſliced, two heads of celery, and a bundle of ſweet herbs, ſix cloves, and two blades of mace; put a little water at the bottom, draw it very gently till it ſticks, then put in a gallon of boiling water; let it ſtew

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for two hours, ſeaſon with ſalt, and ſtrain it off; then have ready a carrot, cut in ſmall pieces of two inches long, and about as thick as a gooſe-quill, a turnip, two heads of leeks, two heads of celery, two heads of endive cut acroſs, two cabbage-lettuces cut acroſs, a very little ſorrel, and chervil; put them in a ſtewpan, and ſweat them for fifteen minutes gently; then put them in your ſoup, boil it up gently for ten minutes; put it in your tureen, with a cruſt of French roll.

You may boil the herbs in two quarts of water for ten minutes, if you like them beſt ſo; your ſoup will be the clearer.

Soup *Santé, with Herbs.* Of herbs or vegetables, you muſt make ſhift with celery and endives in the winter, but add a lettuce, if you can get it; provide a duckling, or a chicken neatly blanched, and boil it in your ſoup, which is nothing more than broth or gravy, with the celery, &c. cut in bits about an inch long; let it boil gently for an hour or ſo; and, when it is almoſt your time of dining, add a little ſpinach, ſorrel, and chervil, chopped, but not ſmall, and boil it about five minutes; prepare your cruſts in a ſtewpan, and lay at the bottom of your diſh; put your duckling in the middle, and pour your ſoup over it; and ſerve it up with ſome thin bits of celery for garniſh, or without, as you like beſt.

For the ſummer ſeaſon, you may add a handful of peas, heads of aſparagus, nice little firm bits of cauliflower, bottoms of artichokes, &c. and you may vary it with many other things that the ſeaſon affords.

Soup *Santé, the Engliſh way.* Provide about ten or twelve pounds of gravy-beef, a knuckle of veal, and

the knuckle part of a leg of mutton, a couple of fowls (or two old cocks will do as well) and a gallon of water; let theſe ſtew very ſoftly, till reduced to one half (ſet them on to ſtew the night before); add to them ſome cruſts of bread; put in a bunch of ſweet herbs, ſome celery, ſorrel, chervil, and purſlain, if agreeable; or any of them may be left out: when it is ſtrong and good, ſtrain it; ſend it to table, with either a roaſt or boiled fowl, or a piece of roaſted or boiled neck of veal, in the middle, and ſome fried bread in a plate.

Craw-fiſh Soup. Take a gallon of water, and ſet it a boiling; put in it a bunch of ſweet herbs, three or four blades of mace, an onion ſtuck with cloves, pepper, and ſalt; then have about two hundred craw-fiſh, ſave about twenty, and pick the reſt from the ſhells, ſaving the tails whole; beat the body and ſhells in a mortar, with a pint of peas, green or dry, firſt boiled tender in fair water; put your boiling water to it, and ſtrain it boiling hot through a cloth, till you have all the goodneſs out of it; ſet it over a ſlow fire or ſtew-hole; have ready a French roll, cut very thin, and let it be very dry; put it to your ſoup, let it ſtew till half is waſted, then put a piece of butter as big as an egg into a ſaucepan, let it ſimmer till it has done making a noiſe, ſhake in two tea-ſpoonfuls of flower, ſtirring it about, and an onion; put in the tails of the fiſh, give them a ſhake round, put to them a pint of good gravy; let it boil four or five minutes ſoftly; take out the onion, and put to it a pint of the ſoup; ſtir it well together; bruiſe the live ſpawn of a hen lobſter, and put it all together, and let it ſimmer very ſoftly a quarter of an hour; fry a French roll very nice and brown, and the twenty craw-

fiſh;

fiſh; pour your ſoup into the diſh, and lay the roll in the middle, and the craw-fiſh round the diſh.

Craw-fiſh SOUP, *another way.* Boil about fifty freſh craw-fiſh; pick out all the meat, which you muſt ſave; pick out all the meat of a freſh lobſter, which you muſt likewiſe ſave; pound the ſhells of the craw-fiſh (but pick out all the bags and the woolly part) and lobſter fine in a marble mortar, and boil them in four quarts of water, with four pounds of mutton, a pint of green ſplit peas, nicely picked and waſhed, a large turnip, carrot, onion, mace, cloves, anchovy, a little thyme, pepper, and ſalt; ſtew them on a ſlow fire, till all the goodneſs is out of the mutton and ſhells, then ſtrain it through a ſieve, and put in the tails of your craw-fiſh, and the lobſter-meat, but in very ſmall pieces, with the red coral of the lobſter, if it has any; boil it half an hour, and juſt before you ſerve it up, add a little butter melted thick and ſmooth; ſtir it round ſeveral times, when you put it in; ſend it very hot; but do not put too much ſpice in it.

Prawns make an excellent ſoup, done juſt in the ſame manner.

Plum POTTAGE *for Chriſtmas.* Put a leg and ſhin of beef into eight gallons of water, and boil them till they are very tender: when the broth is ſtrong, ſtrain it out; then wipe the pots, and put in the broth again: ſlice ſix penny loaves thin, cut off the tops and bottoms, put ſome of the liquor to them, and cover them up, and let them ſtand for a quarter of an hour; then boil and ſtrain it, and put it into your pot; let them boil a little, and then put in five pounds of ſtewed raiſins of the ſun, and two pounds of prunes; let it boil a quarter of an hour,

then

then put in five pounds of currants clean waſhed and picked. Let theſe boil till they ſwell, and then put in three quarters of an ounce of mace, half an ounce of cloves, and two nutmegs, all beat fine. Before you put theſe into the pot, mix them with a little cold liquor, and do not put them in but a little while before you take off the pot; when you take off the pot, put in three pounds of ſugar, a little ſalt, a quart of ſack, a quart of claret, and the juice of two or three lemons. You may thicken with ſago inſtead of bread, if you pleaſe. Pour your pottage into earthen pans, and keep it for uſe.

Soup *and* Bouillie. For the bouillie, roll five pounds of briſket of beef tight with a tape; put it into a ſtewpan, with four pounds of the leg of mutton piece of beef, and about ſeven or eight quarts of water. Boil theſe up as quick as poſſible, ſkim it very clean; add one large onion, ſix or ſeven cloves, ſome whole pepper, two or three carrots, a turnip or two, a leek, and two heads of celery. Stew this very gently, cloſe covered, for ſix or ſeven hours. About an hour before dinner, ſtrain the ſoup through a piece of dimity that has been dipped in cold water. Put the rough ſide upwards. Have ready boiled carrots cut like little wheels, turnips cut in balls, ſpinach, a little chervil and ſorrel, two heads of endive, one or two of celery cut in pieces. Put theſe into a tureen, with a Dutch loaf, or a French roll dried, after the crumb is taken out. Pour the ſoup to theſe boiling hot; add a little ſalt and kyan. Take the tape from the bouillie; ſerve it in a ſeparate diſh; maſhed turnips, and ſliced carrots, in two little diſhes. The turnips and carrots ſhould be cut with an inſtrument that may be bought for that purpoſe.

A Tranſparent Soup. Cut the meat from a leg of veal, in ſmall pieces, and when you have taken all the meat from the bone, break the bone in ſmall pieces. Put the meat in a large jug, and the bones at top, with a bunch of ſweet herbs, a quarter of an ounce of mace, half a pound of Jordan almonds, blanched and beat fine. Pour on it four quarts of boiling water; let it ſtand all night by the fire, covered cloſe. The next day put it into a well lined ſaucepan, and let it boil ſlowly till it is reduced to two quarts. Be ſure you take the ſcum and fat off as it riſes, all the time it is boiling. Strain it into a punch bowl, let it ſettle for two hours, pour it into a clean ſaucepan, clear from the ſediments, if any, at the bottom. Have ready three ounces of rice, boiled in water. If you like vermicelli better, boil two ounces. When enough, put it in, and ſerve it up.

Green Peas Soup. Cut a knuckle of veal, and one pound of lean ham into thin ſlices; lay the ham at the bottom of a ſoup pot, the veal upon the ham; then cut ſix onions in ſlices, and put on two or three turnips, two carrots, three heads of celery cut ſmall, a little thyme, four cloves, and four blades of mace. Put a little water at the bottom, cover the pot cloſe, and draw it gently, but do not let it ſtick; then put in ſix quarts of boiling water, let it ſtew gently for four hours, and ſkim it well. Take two quarts of green peas and ſtew them in ſome of the broth till tender; then ſtrain them off, and put them in a marble mortar, and beat them fine. Put the liquor in and mix them up, (if you have no mortar, you muſt bruiſe them in the beſt manner you can). Take a tammy, or fine cloth, and rub them through till you have rubbed all the pulp out, and then put your ſoup into

into a clean pot, with half a pint of ſpinach juice, and boil it up for fifteen minutes. Seaſon with ſalt, and a little pepper. If your ſoup is not thick enough, take the crumb of a French roll, and boil it in a little of the ſoup, beat in the mortar, and rub it through your tammy or cloth; then put in your ſoup and boil it up. Then put it in your tureen, with dice of bread toaſted very hard.

Another way. Take four or five pounds of the knuckle or ſcrag of veal, boil it to rags in four or five quarts of water, with ſalt, pepper, a little mace, and an onion. Strain this; put to the liquor one quart of old peas; boil them till tender, pulp them through a ſieve; add about a pint or more of young peas, half boiled, ſpinach, lettuce, and cabbage, firſt boiled, then fried. Boil altogether till the peas are enough; add a little kyan, ſkim off the fat that riſes from the greens. Add a little chopped mint; boil the meat the night before. Neck of lamb will ſupply the place of veal.

Another way. Provide a peck of peas, ſhell them, and boil them in ſpring water till they are ſoft; then work them through a hair ſieve; take the water that your peas were boiled in, and put in a knuckle of veal, three ſlices of ham, and cut two carrots, a turnip, and a few beet leaves, ſhred ſmall; add a little more water to the meat, ſet it over the fire, and let it boil one hour and a half; then ſtrain the gravy into a bowl, and mix it with the pulp, and put in a little juice of ſpinach, which muſt be beat and ſqueezed through a cloth; put in as much as will make it look a pretty colour, then give it a gentle boil, which will take off the taſte of the ſpinach; ſlice in the whiteſt part of a head of celery,

put

put in a lump of ſugar the ſize of a walnut, take a ſlice of bread, and cut it in little ſquare pieces; cut a little bacon the ſame way, fry them a light brown, in freſh butter; cut a large cabbage lettuce in ſlices, fry it after the other, put it in the tureen with the fried bread and bacon: have ready boiled, as for eating, a pint of young peas, and put them in the ſoup, with a little chopped mint, if you like it, and pour it into your tureen.

Green Peas Soup, *for Faſt-days.* In ſhelling your peas, ſeparate the old ones from the young, and boil the old ones ſoft enough to ſtrain through a cullender; then put the liquor, and what you ſtrained through, to the young peas, which muſt be whole, and ſome whole pepper, mint, and a little onion ſhred ſmall; put them in a large ſaucepan, with near a pound of butter; as they boil up, ſhake in ſome flour; then put in a French roll fried in butter to the ſoup; you muſt ſeaſon it to your taſte with ſalt and herbs. When you have done ſo, add the young peas to it, which muſt be half boiled firſt. You may leave out the flour, if you think proper, and inſtead of it, put in a little ſpinach and cabbage lettuce, cut ſmall, which muſt be fried in butter, and well mixed with the broth.

Soup *à-la-Muſquetaire.* Take a pint of green peas, and a handful of ſorrel; boil in your broth and gravy on a ſlow fire, a neck of mutton; which, when done, glaze it as a fricandeau, and ſerve it altogether.

A common Peas Soup. Take a quart of ſplit peas, put to them a gallon of ſoft water, a little lean bacon, or roaſt beef bones; waſh one head of celery, cut it, and put it in with a turnip, boil it till reduced to two quarts, then work it through a cullender, with a wooden

ſpoon; mix a little flour and water, and boil it well in the ſoup, and ſlice in another head of celery, kyan pepper, and ſalt to your taſte; cut a ſlice of bread in ſmall dice, fry them a light brown, and put them in your diſh; then pour the ſoup over it.

Another way. Take about four pounds of lean beef, cut it in ſmall pieces, about a pound of lean bacon, or pickled pork, ſet it on the fire with two gallons of water, let it boil, and ſkim it well; then put in ſix onions, two turnips, one carrot, and four heads of celery cut ſmall, and put in a quart of ſplit peas; boil it gently for three hours, then ſtrain them through a ſieve, and rub the peas well through; then put your ſoup in a clean pot, and put in ſome dried mint rubbed very fine to powder, cut the white of four heads of celery and two turnips, in dice, and boil them in a quart of water fifteen minutes; then ſtrain them off, and put them in your ſoup; take about a dozen of ſmall raſhers of bacon fried, and put them into your ſoup; ſeaſon with pepper and ſalt to your liking, boil it up for fifteen minutes; then put it in your tureen with dice of bread fried criſp.

Another way. When you boil a piece of beef, or a leg of pork, ſave the liquor; when it is cold take off the fat. The next day boil a leg of mutton, ſave the liquor, and when it is cold, take off the fat, and ſet it on the fire with two quarts of peas. Let them boil till they are tender, then put in the pork or beef liquor, with the ingredients as above, and let it boil till it is as thick as you would have it, allowing for the boiling again; then ſtrain it off, and add the ingredients as above. You may make your ſoup of veal or mutton gravy if you pleaſe, according to your fancy.

Peas Soup *without Meat.* A Britiſh herring, with a pint of peas, celery, &c. make good peas ſoup.

White Peas Soup. Put four or five pounds of lean beef into ſix quarts of water, with a little ſalt, and as ſoon as it boils, take off the ſcum. Put in three quarts of old green peas, two heads of celery, a little thyme, three onions, and two carrots. Boil them till the meat is quite tender, then ſtrain it through a hair ſieve, and rub the pulp of the peas through the ſieve. Split the blanched part of three goſs lettuces into four quarters, and cut them about an inch long, with a little mint cut ſmall; then put half a pound of butter in a ſtewpan large enough to hold your ſoup, and put the lettuce and mint into the butter, with a leek ſliced very thin, and a pint of green peas. Stew them a quarter of an hour, and ſhake them frequently; then put in a little of the ſoup, and ſtew them a quarter of an hour longer. Then put in your ſoup as much thick cream as will make it white, and keep ſtirring it till it boils. Fry a French roll a little criſp in butter, put it at the bottom of your tureen, and pour it over your ſoup.

Partridge Soup. Skin two old partridges, and cut them into ſmall pieces, with three ſlices of ham, two or three onions ſliced and ſome celery; fry them in butter till they are as brown as they can be made without burning; then put them into three quarts of water with a few pepper corns. Boil it ſlowly till a little more than a pint is conſumed, then ſtrain it, put in ſome ſtewed celery and fried bread.

Soup *à-la-Chartre.* Take three or four ſweetbreads well cleaned in warm water, and ſcalded in boiling; put them in your pot with ſcalded cock's-combs, a faggot

of parſley, green ſhallots, three cloves, and a few muſhrooms: ſtew all with good broth on a ſlow fire; have cruſts of rolls well ſoaked in broth in the ſoup diſh, then put upon this the ſweetbreads, muſhrooms, and cock's-combs.

Portable Soup *for Travellers.* Cut into ſmall pieces three large legs of veal, one of beef, and the lean part of half a ham. Put a quarter of a pound of butter at the bottom of a large cauldron, then lay in the meat and bones, with four ounces of anchovies, and two ounces of mace. Cut off the green leaves of five or ſix heads of celery, waſh the heads quite clean, cut them ſmall, put them in with three large carrots cut thin, cover the cauldron cloſe, and ſet it over a moderate fire. When you find the gravy begins to draw, keep taking it up till you have got it all out, then put water in to cover the meat; ſet it on the fire again, and let it boil ſlowly for four hours, then ſtrain it through a hair ſieve into a clean pan, and let it boil three parts away; then ſtrain the gravy that you drew from the meat, into the pan, let it boil gently (obſerving to ſkim the fat off as it riſes) till it looks thick like glue. You muſt take great care, when it is near enough, that it does not burn; put in kyan pepper to your taſte, then pour it on flat earthen diſhes a quarter of an inch thick, and let it ſtand till the next day, and cut it out with round tins a little larger than a crown piece; lay the cakes on diſhes, and ſet them in the ſun to dry. This ſoup will anſwer beſt to be made in froſty weather. When the cakes are dry, put them in a tin box, with writing paper between every cake, and keep them in a dry place. This is a very uſeful ſoup to be kept in gentlemen's families, for by pouring

pouring a pint of boiling water on one cake, and a little ſalt, it will make a good baſon of broth. A little boiling water poured on it will make gravy for a turkey or fowls. The longer it is kept the better.

It will be neceſſary to keep turning the cakes as they dry.

Soup *Maigre.* Put half a pound of butter into a deep ſtewpan, ſhake it about, and let it ſtand till it has done making a noiſe; then have ready ſix middling onions peeled and cut ſmall, throw them in, and ſhake them about. Take a bunch of celery, clean waſhed and picked, cut it in pieces half as long as your finger, a large handful of ſpinach clean waſhed and picked, a good lettuce clean waſhed (if you have it) and cut ſmall, a little bundle of parſley chopped fine; ſhake all this well together in the pan for a quarter of an hour, then ſhake in a little flour; ſtir all together, and pour into the ſtewpan two quarts of boiling water. Take a handful of dry hard cruſt, throw in a tea-ſpoonful of beaten pepper, three blades of mace beat fine; ſtir all together, and let it boil ſoftly for half an hour; then take it off the fire, and beat up the yolks of two eggs, and ſtir in, and one ſpoonful of vinegar; pour it into the ſoup diſh, and ſend it to table. If you have any green peas, boil half a pint in the ſoup for change.

Another way. Take a quart of green Moratta peas, three quarts of ſoft water, four onions ſliced, floured, and fried in freſh butter, the coarſe ſtalks of celery, a carrot, a turnip, and a parſnip; and ſeaſon the whole with pepper and mace to your taſte. Stew all theſe very gently together till the pulp will force through a ſieve. Have ready a handful of beet-leaf and root, ſome celery

celery and ſpinach, which muſt be blanched and ſtewed tender in the ſtrained liquor. Have ready the third part of ſpinach juice, which muſt be ſtirred in with caution, when the ſoup is ready to be ſerved up, and not ſuffered to boil after it is put in, as that will curdle it. You may add a cruſt of bread, ſome tops of aſparagus, and artichoke bottoms.

Queen's Rice Soup *Maigre.* Take half a pound of rice, well waſhed in warm water, boil it tender in broth and butter; make a gravy without colouring, with carp, onions, carrots, and parſnips. When it is ready to catch, add broth, and boil it ſome time, then ſift it; pound a dozen ſweet almonds, with ſix hard yolks of eggs, a few bits of boiled fiſh, crumbs of bread ſoaked in milk or cream; mix all together with the gravy and ſift it. Warm it without boiling, and ſerve this cullis upon the rice.

Rice Soup. Put a pound of rice and a little cinnamon to two quarts of water; and cover it cloſe, and let it ſimmer very ſoftly till the rice is quite tender. Take out the cinnamon, then ſweeten it to your palate; grate half a nutmeg, and let it ſtand till it is cold; then beat up the yolks of three eggs with half a pint of white wine. Mix them very well, and ſtir them into the rice, ſet them on a ſlow fire, and keep ſtirring all the time for fear of curdling. When it is of a good thickneſs, and boils, take it up. Keep ſtirring it till you put it into your diſh.

Oyſter Soup. Take a proper quantity of fiſh ſtock; then take two quarts of oyſters without the beards; beat the hard part in a mortar, with the yolks of ten hard eggs; put them to the fiſh ſtock, ſet it over the fire;

fire; ſeaſon it with pepper, ſalt, and grated nutmeg. When it boils, put in the eggs; let it boil till it is of a good thickneſs, and like a fine cream.

Another way. Make your ſtock of any ſort of fiſh the place affords; let there be about two quarts; take a pint of oyſters, beard them, put them into a ſaucepan, ſtrain the liquor, let them ſtew two or three minutes in their own liquor; then take the hard parts of the oyſters, and beat them in a mortar with the yolks of four hard eggs; mix them with ſome of the ſoup; put them with the other part of the oyſters and liquor into a ſaucepan, a little nutmeg, pepper, and ſalt; ſtir them well together, and let it boil a quarter of an hour. Diſh it up, and ſend it to table.

Onion Soup. Brown half a pound of butter with a little flour; take care it does not burn. When it has done hiſſing, ſlice a dozen of large white onions, fry them very gently till they are tender; then pour to them, by degrees, two quarts of boiling water, ſhaking the pan well round as it is poured in; add alſo a cruſt of bread. Let it boil gently for half an hour; ſeaſon it with pepper and ſalt. Take the top of a French roll and dry it at the fire; put it into a ſaucepan, with ſome of the ſoup to ſoak it; then put it into the tureen. Let the ſoup boil ſome time after the onions are tender, as it gives the ſoup a great richneſs; ſtrain it off, and pour it upon the French roll.

Eel Soup. Take a pound of eels, which will make a pint of good ſoup, or any greater quantity of eels, in proportion to the quantity of ſoup you intend to make. To every pound of eels, put a quart of water, a cruſt of bread, two or three blades of mace, a little whole

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pepper, an onion, and a bundle of ſweet herbs. Cover them cloſe, and let them boil till half the liquor is waſted; then ſtrain it, and toaſt ſome bread; cut it ſmall, lay the bread into your diſh, and pour in the ſoup. If you have a ſtew-hole, ſet the diſh over it for a minute, and ſend it to table. If you find your ſoup not rich enough, you may let it boil till it is as thick as you would have it. You may add a piece of carrot to brown it.

Peas SOUP. Put a quart of ſplit peas into a gallon of water to boil. When they are quite ſoft, put in half a red herring, or two anchovies, a good deal of whole pepper, black and white, two or three blades of mace, four or five cloves, a bundle of ſweet herbs, a large onion, the green tops of a bunch of celery, and a good bundle of dried mint; cover them cloſe, and let them boil ſoftly till there is about two quarts: then ſtrain it off, and have ready the white part of the celery waſhed clean, and cut ſmall, and ſtewed tender in a quart of water, ſome ſpinach picked and waſhed clean, put to the celery; let them ſtew till the water is quite waſted, and put it to your ſoup.

Take out the crumb of a French roll, fry the cruſt brown in a little freſh butter; take ſome ſpinach, ſtew it in a little butter after it is boiled, and fill the roll; take the crumb, cut it in pieces, beat it in a mortar with a raw egg, a little ſpinach, and a little ſorrel, a little beaten mace, a little nutmeg, and an anchovy; then mix it up with your hand, and roll them into balls with a little flour, and cut ſome bread into dice, and fry them criſp; pour your ſoup into your diſh, put in the balls and bread, and the roll in the middle. Gar-

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niſh your diſh with ſpinach. If it wants ſalt, you muſt ſeaſon it to your palate; rub in ſome dried mint.

Barley SOUP. To a gallon of water, put half a pound of barley, a blade or two of mace, a large cruſt of bread, and a little lemon-peel. Let it boil till it comes to two quarts; then add half a pint of white wine, and ſweeten to your palate.

Scate SOUP. Having ſkinned and waſhed two pounds of ſcate, boil it in ſix quarts of water. When it is boiled, take the meat from the bones; take two pounds of flounders, waſh them clean, put them into the water the ſcate was boiled in, with ſome lemon-peel, a bunch of ſweet herbs, a few blades of mace, ſome horſe-radiſh, the cruſt of a penny loaf, a little parſley, and the bones of the ſcate; cover it very cloſe, and let it ſimmer till it is reduced to two quarts; then ſtrain it off, and put to it an ounce of vermicelli; ſet it on the fire, and let it boil very ſoftly. Take one of the hollow rolls which are made for oyſters, and fry it in butter. Take the meat of the ſcate, pull it into little ſlices, put it into a ſaucepan with two or three ſpoonfuls of the ſoup; ſhake into it a little flour and a piece of butter, ſome pepper and ſalt; ſhake them together in a ſaucepan till it is thick, then fill the roll with it; pour the ſoup into the tureen, put the roll into it, and ſend it to table.

Egg SOUP. Beat the yolks of two eggs in a diſh, with a piece of butter as big as a hen's egg; take a tea kettle of boiling water in one hand, and a ſpoon in the other; pour in about a quart by degrees, then keep ſtirring it well all the time, till the eggs are well mixed, and the butter melted; then pour it into a ſaucepan, and keep ſtirring it all the time till it begins to ſimmer.

Take it off the fire, and pour it between two veſſels, out of one into another till it is quite ſmooth, and has a great froth; ſet it on the fire again, keep ſtirring it till it is quite hot, then pour it into your ſoup-diſh, and ſend it hot to the table.

Milk Soup. Put into two quarts of milk two ſticks of cinnamon, two bay leaves, a very little baſket ſalt, and a very little ſugar; then blanch half a pound of ſweet almonds while the milk is heating; beat them up to a paſte in a marble mortar, mix with them, by degrees, ſome milk. While they are beating, grate the peel of a lemon with the almonds and a little of the juice; then ſtrain it through a coarſe ſieve, and mix it with the milk that is heating in the ſtewpan, and let it boil up.

Cut ſome ſlices of French bread, and dry them before the fire; ſoak them a little in the milk, lay them at the bottom of the tureen, and then pour in the ſoup.

Milk Soup, *the Dutch way.* Boil a quart of milk with cinnamon and moiſt ſugar; put ſippets into the diſh, pour the milk over it, and ſet it over a charcoal fire to ſimmer till the bread is ſoft. Take the yolks of two eggs, beat them up, and mix it with a little of the milk, and throw it in. Mix it all together, and ſend it up to table.

Turnip Soup, *Italian faſhion.* Cut turnips in what ſhape you pleaſe, colour them with butter in a ſtewpan, and two ſpoonfuls of oil; add ſlices of roots, &c. and boil them in good fiſh gravy; give it a conſiſtence with any ſort of pottage.

SPRATS,

SPRATS.

To bake SPRATS. Rub them with ſalt and pepper, and to every pint of vinegar put half the quantity of red wine, diſſolving therein a little cochineal; lay the ſprats in a deep earthen diſh, pour in as much vinegar, &c. as will cover them; tie a paper over them, and ſet them in an oven all night. They will eat well, and keep for ſome time.

To pickle SPRATS *for Anchovies.* Take an anchovy barrel or a deep glazed pot, put a few bay leaves at the bottom, ſome bay ſalt, ſaltpetre mixed together, then a layer of ſprats crouded cloſe, then bay leaves and the ſame ſalt and ſprats, and ſo till your pot or barrel be full, then put in the head of your barrel cloſe, once a week turn the other end upwards. In three months they will be fit to eat raw as anchovies.

STEAKS.—See BEEF, MUTTON, &c.

STEW.

See the various articles dreſſed in this manner.

STOMACH.

Pains of the STOMACH may proceed from various cauſes; as indigeſtion; wind; the acrimony of the bile;

from worms; the ſtopping of cuſtomary evacuations; a tranſlation of gouty matter to the ſtomach, the bowels, &c.

Women in the decline of life are very liable to pains of the ſtomach and bowels, eſpecially ſuch as are afflicted with hyſteric complaint. It is likewiſe very common to hypochondriac men of a ſedentary and luxurious life; in ſuch perſons it often proves ſo extreme as to baffle all the powers of medicine.

When the pain of the ſtomach is moſt violent after eating, there is reaſon to ſuſpect that it proceeds from ſome fault either in the digeſtion or the food; in this caſe the patient ought to change his diet, till he finds what kind of food agrees beſt with his ſtomach, and ſhould continue chiefly to uſe it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a doſe or two of rhubarb. He ought likewiſe to take an infuſion of camomile flowers, or ſome other ſtomachic bitter, either in wine or water.

When a pain of the ſtomach proceeds from flatulency, the patient is conſtantly belching up wind, and feels an uneaſy diſtenſion of the ſtomach after meals. In general, the patient ought to avoid all windy diet, and every thing that ſours on the ſtomach, as greens, roots, &c. This rule, however, admits of ſome exceptions. There are many inſtances of perſons very much troubled with wind, who received great benefit from eating parched peaſe, though that grain is generally ſuppoſed to be of a windy nature. Theſe are prepared by ſteeping or ſoaking peaſe in water, and afterwards drying them

them in a pot or kiln till they become quite hard. They may be uſed at pleaſure.

When pain of the ſtomach proceeds from a tranſlation of gouty matter, warm cordials are neceſſary, as generous wines, French brandy, &c. It is impoſſible to aſcertain the quantities neceſſary upon theſe occaſions. This muſt be left to the feelings and direction of the patient; the ſafer way however is, not to go too far. When there is an inclination to vomit, it may be promoted by drinking an infuſion of camomile flowers, or *carduus benedictus*.

If a pain of the ſtomach proceeds from the ſtoppage of cuſtomary evacuations, bleeding will be neceſſary, eſpecially in ſanguine and very full habits. It will likewiſe be of uſe to keep the body gently open by mild purgatives; as rhubarb or ſenna, &c. When this diſeaſe affects women in the decline of life, after the ſtopping of the *menſes*, making an iſſue in the leg or arm will be of peculiar ſervice.

When the diſeaſe is occaſioned by worms, they muſt be deſtroyed or expelled by ſuch means as are recommended under that head.

When the ſtomach is greatly relaxed, and the digeſtion bad, which often occaſions flatulencies, the acid elixir of vitriol will be of ſingular ſervice. Fifteen or twenty drops of it may be taken in a glaſs of wine or water twice or thrice a day.

STURGEON.

To boil STURGEON. Clean your ſturgeon, and prepare as much liquor as will juſt boil it. To two quarts of water put a pint of vinegar, a ſtick of horſe-radiſh, two or three bits of lemon-peel, ſome whole pepper, a bay leaf, and a ſmall handful of ſalt. Boil your fiſh in this, and ſerve it in the following ſauce:—Melt a pound of butter, diſſolve an anchovy in it, put in a blade or two of mace, bruiſe the body of a crab in the butter, a few ſhrimps or craw-fiſh, a little catchup, a little lemon juice; give it a boil, drain your fiſh well, and lay it in your diſh. Garniſh with fried oyſters, ſliced lemon, and ſcraped horſe-radiſh; pour your ſauce into boats or baſons. So you may fry it, ragoo it, or bake it.

Another way. Stew the ſturgeon in as much liquid as will ſtew it, being half fiſh-broth or water, and half white wine, with a little vinegar, ſliced roots, onions, ſweet herbs, whole pepper, and ſalt; when done, ſerve upon a napkin. Garniſh with green parſley, and ſerve with what ſauces you pleaſe in ſauce boats, ſuch as capers, anchovies, &c.

To dreſs STURGEON *in Collops.* Lard and flour them a little, and bring them to a colour with lard; then boil them in a ſaucepan with good gravy, fine herbs, ſlices of lemon, truffles, muſhrooms, veal ſweetbreads, and a well-ſeaſoned cullis; drain the fat very well from them and ſprinkle them with a little lemon-juice, and ſerve it up to table.

STURGEON *Mayence faſhion, or à-la-Mayence.* Take a piece of ſturgeon, of what ſize you think proper, and

and lard it with Weſtphalia ham, fat and lean cut together. Wrap it in paper and roaſt it, baſting it with butter. Make a ſauce as follows:—Put in a ſtewpan a few ſlices of ham and veal, ſliced carrots, onions, parſley roots, ſhallots, and three cloves. Soak it on the fire till it begins to catch at bottom, then add a little cullis, half a pint of white wine, ſome whole pepper, and a little ſalt. Reduce it to a proper conſiſtence, then ſkim and ſtrain it; when done, add the juice of half a lemon, and ſerve it upon the ſturgeon.

SUGAR.—See CANDYING, &c.

SUPPERS.

Light SUPPERS *of four Diſhes.*

Houſe lamb ſteaks, à-la-fricaſſee, white.
Collared eel. Pickles.
Chicken roaſted.

Whitings broiled.
Tongue ſliced. Biſcuits.
Calf's heart.

Roaſted chicken.
Potted beef. Cheeſecakes.
Sauſages, with eggs poached.

Minced veal.
Pat of butter in a glaſs. Radiſhes.
Poached eggs on a toaſt.

Maintenons.
Sliced ham. Tart.
Rabbit roaſted.

Haſhed

Haſhed mutton.
Anchovy and butter. Pickles.
Scollopped or roaſted potatoes.

Veal cutlet.
Tart. Radiſhes and butter
Aſparagus. in the middle.

Boiled chicken.
Cold beef or mutton ſliced. Pickles.
Scollopped oyſters.

Boiled tripe.
Bolognia ſauſage ſliced. Pat of butter in a glaſs.
Haſhed hare.

Gudgeons fried.
Biſcuits. Raſped beef, and a pat of butter in the middle.
Duck roaſted.

Light SUPPERS *of five Diſhes.*

Scotch collops.
Potted pigeon. Sallad. Lobſter.
Peaſe.

Eels broiled or boiled.
Butter ſpun. Tart. Radiſhes.
Sweetbread roaſted.

Cold veal haſhed.
Anchovies and butter. Plain fritters. Pickles.
Teal roaſted.

Pigeons roaſted.
Prawns. Tart. Cold mutton ſliced.
Aſparagus.

Poached eggs and ſpinach ſtewed.
Slices of beef. Mince pies. Baked ſprats.
Chicken roaſted.

Boiled chickens.
Gooſeberry Parſley and butter
Peaſe. Cream. and melted butter.
Fricaſſee of ox palates.

Duck

Duck roaſted.

Sliced tongue. Tart. Cray fiſh.

Peaſe.

Boiled chicken, lemon ſauce.

Ham ſliced. Butter in a glaſs. Radiſhes.

Lamb's fry.

Spitchcock eel.

Collared beef. Raſpberry fritters. Pickles.

Veat cutlet.

Giblets ſtewed.

Collared veal ſliced. Tart. Crab.

Roaſted pigeons.

Buttered lobſter.

Potted beef. Raſpberry cream. Collared pig's head.

Calf's heart.

SWEET-BREADS.—See VEAL.

SYLLABUBS.

A whipt SYLLABUB. Rub a lump of ſugar on the outſide of a lemon, put it into a pint of thin cream, and ſweeten it to your taſte, then put in the juice of a lemon, and a glaſs of Madeira wine or French brandy; mill it to a froth with a chocolate mill, and take it off as it riſes, and lay it into a hair ſieve. Then fill one half of your poſſet-glaſſes a little more than half full with white wine, and the other half of your glaſſes a little more half full with red wine; then lay on your

froth as high as you can, but take care that it be well drained on your ſieve, otherwiſe it will mix with your wine, and your ſyllabub will be ſpoiled.

Another way. Take a quart of thick cream, and half a pint of ſack, the juice of two Seville oranges or lemons; grate in the peel of two lemons, half a pound of double-refined ſugar, pour it into a broad earthen pan, and whiſk it well. But firſt ſweeten ſome red wine or ſack, and fill your glaſſes as full as you chuſe; then, as the froth riſes, take it off with a ſpoon, and lay it on a ſieve to drain; then lay it carefully into your glaſſes, till they are as full as they will hold. Do not make theſe long before you uſe them. Many uſe cyder ſweetened, or any wine they pleaſe, or lemon or orange whey made thus: Squeeze the juice of a lemon or orange into a quarter of a pint of milk; when the curd is hard, pour the whey clear off, and ſweeten it to your palate. You may colour ſome with the juice of ſpinach, ſome with ſaffron, and ſome with cochineel, juſt as you fancy.

Another way. Take a pint of cream, the whites of two eggs, a pint of white wine, and the juice and rind of a lemon; grate the rind into the wine, and then put in the cream; ſweeten them, and whiſk them up with a clean whiſk.

A Lemon SYLLABUB. Take a pint of cream, a pint of white wine, the rinds of two lemons grated, and the juice; ſugar it to the taſte; let it ſtand ſome time; mill or whip it; lay the froth on a ſieve; put the remainder into glaſſes; lay on the froth; make them the day before they are wanted.

If

If they are to taſte very ſtrong of the lemon, put the juice of ſix lemons, and near a pound of ſugar; they will keep four or five days.

Solid SYLLABUB. To a quart of rich cream, put a pint of white wine, the juice of two lemons, and the rind of one grated; ſweeten it to your taſte. Whip it up well, and take off the froth as it riſes; put it upon a hair ſieve, and let it ſtand in a cool place till the next day. More than half fill your glaſſes with the thin, and then heap up the froth as high as you can; the bottom will look clear, and keep four or five days.

SYLLABUB *under the Cow.* Put into a punch bowl a pint of cyder, and a bottle of ſtrong beer; grate in a ſmall nutmeg, and ſweeten it to your taſte; then milk from the cow as much milk as will make a ſtrong froth. Then let it ſtand an hour; ſtrew over it a few currants well waſhed, picked, and plumped before the fire, and it will be fit for ſervice.

Everlaſting SYLLABUB. Take five half pints of thick cream, half a pint of rheniſh, half a pint of ſack, and the juice of two large Seville oranges; grate in juſt the yellow rind of three lemons, and a pound of double-refined ſugar well beat and ſifted; mix all together with a ſpoonful of orange flower water; beat it well with a whiſk half an hour, then with a ſpoon take it off, and lay it on a ſieve to drain; and fill your glaſſes. Theſe will keep above a week, and are better made the day before.

T.

TARTS.

If tarts are meant to be eaten cold, make the ſhort cruſt. [*See the article* PASTES.] An apple tart is made the ſame as the pie, but if to be eaten cold, make the ſhort cruſt.

If you uſe tin patties to bake in, butter them, and put a little cruſt all over them, or you will not be able to take them out; but if you bake them in glaſs or china, only an upper cruſt will be neceſſary, as you will not want to take them out when you ſend them to table. Lay fine ſugar at the bottom, then your cherries, plums, or whatever you may want to put in them, and put ſugar at the top. Currants, raſpberries, and cherries require but little baking; gooſeberries, to look red, muſt ſtand a good while in the oven. Apricots, if green, require more baking than when ripe; quarter or halve ripe apricots, and put in ſome of the kernels.

Preſerved fruit, as damaſcenes and bullace, require but little baking; fruit that is preſerved high ſhould not be baked at all; but the cruſt ſhould firſt be baked upon a tin the ſize the tart ſhould be; cut it to a proper ſize, and when cold, take it off, and lay it on the fruit. Apples and pears intended to be put into tarts muſt be pared, cut into quarters, and cored. Cut the quarters acroſs again, ſet them on in a ſaucepan with as much water as will barely cover them, and let them ſimmer on a ſlow fire juſt till the fruit is tender. Put a good piece of lemon-peel into the water with the fruit, and

then have your patties ready. Pour over each tart a tea-ſpoonful of lemon-juice, and three tea-ſpoonfuls of the liquor they were boiled in; then put on your lid, and bake them in a ſlack oven. In apricot tarts you muſt not uſe any lemon-juice.

A buttered TART. Take eight or ten large codlings, and ſcald them, when cold, ſkin them, take the pulp and beat it as fine as you can with a ſilver ſpoon, then mix in the yolks of ſix eggs and the whites of four beat all well together, a Seville orange, ſqueeze in the juice, and ſhred the rind as fine as poſſible, with ſome grated nutmeg and ſugar to your taſte; melt ſome fine freſh butter, and beat up with it according as it wants, till it is all like a fine thick cream, and then make a fine puff-paſte; have a large tin patty that will juſt hold it, cover the patty with the paſte, and throw in the ingredients; do not put any cover on, bake it in a quarter of an hour, then ſlip it out of the patty on a diſh, and throw fine ſugar well beat all over it. It is a very pretty ſide diſh for a ſecond courſe. You may make this of any large apples you pleaſe.

A raſpberry TART *with Cream.* Roll out ſome thin puff paſte, and lay it in a patty pan; lay in ſome raſpberries, and ſtrew over them ſome very fine ſugar; put on the lid and bake it; cut it open, and put in half a pint of cream, the yolks of two or three eggs well beat, and a little ſugar. Let it ſtand to be cold before it is ſent to table.

To make Rhubarb TARTS. Cut the thick ſtem of the rhubarb leaf into pieces the ſize of a gooſeberry, and make it as a gooſeberry tart.

A Spi-

A Spinach TART. Scald the ſpinach in boiling water, and drain it very well to chop, then ſtew it in butter and cream, with a little ſalt, ſugar, a few ſmall pieces of dried comfit citron, and a few drops of orange flower water.

TART *de Moi.* Make ſome good puff paſte, and lay round your diſh, put ſome biſcuits at the bottom, add ſome marrow and a little butter; then cover it with different kinds of ſweetmeats, as many as you have, and ſo on till your diſh is full; then boil a quart of cream, and thicken it with four eggs and a ſpoonful of orange flower water. Sweeten it with ſugar to your palate, and pour over the reſt. Half an hour will bake it.

TEA.

We have ſo frequently had occaſion to remark on the effects of TEA during the courſe of this work, that we muſt here be very conciſe on the ſubject; obſerving again, that the injuries attributed to it are chiefly owing to its imprudent uſe.

Tea was firſt imported from Holland by the Earls of Arlington and Oſſory in 1666; their ladies taught the uſe of it to women of quality, for ſuch only were then able to afford it, the price being very great, not leſs than three pounds ſterling per lb. It continued at this price even to the year 1707. In 1715, we began to uſe green tea; and as great quantities were imported, and the prices conſequently leſſened, the practice of drinking it deſcended to the lower claſs of people. In 1720, the French began to ſend it hither by a clandeſtine commerce.

merce. From 1717 to 1726, we imported annually ſeven hundred thouſand pounds. From 1732 to 1742, a million and two hundred thouſand pounds were annually brought to London; in ſome years afterwards three millions, and in 1755 near four millions of pounds.

Such has been the progreſs of tea drinking, and thus general it has become in a ſpace of time not more than eighty years; for before 1707, it was an article of expenſive luxury, entirely confined to perſons of rank and fortune.

Treatiſes have been written to prove the pernicious effects of tea drinking, which, it is plain, have been very little attended to. People of the loweſt ranks make their breakfaſts of it; and, according to the preſent ſtate of men's conſtitutions, it would be difficult to find a cheaper breakfaſt. Thoſe phyſicians who have repreſented it as occaſioning nervous diſorders, ſeem not ſufficiently to have conſidered, that where tea diſagrees, the habit has been relaxed by other means; and if nervous diſorders and inſanity are more common now than formerly, the cauſe will be found, where it is more natural to ſeek it, in the uſe of *ſpirituous liquors*, and particularly thoſe which are the produce of our own diſtilleries.

Too much ſtreſs has been laid upon experiments made with the plant; theſe are fallacious, becauſe the quantity drank at a time, of the ſlight infuſion commonly uſed, rarely exceeds three cups. The miſchief of tea drinking ariſes principally from its being drank *hot*, which is a practice too general among the fair ſex; but the ſame effects would be felt from the ſame quantity of water made palatable by ſugar. Let thoſe who think

think that tea injures them try the experiment, and they will find that water drank hot will have the ſame effects.

In truth, tea is to be conſidered as a palatable and cheap beverage, and that only. In the morning, it removes the nauſea from the ſtomach contracted by ſleep, and reſtores the organs of taſte to their proper diſcrimination In the afternoon it brings people, and particularly the ladies, together for a little converſation.

TEAL.

To roaſt TEAL. When your teals are ready dreſſed, put in them a ſmall onion, pepper, ſalt, and a ſpoonful of red wine; if the fire be good, they will roaſt in twenty minutes; make gravy of necks and gizzards, a ſpoonful of red wine, half an anchovy, a blade or two of mace, a ſlice of an end of a lemon, one onion, and a little kyan pepper; boil it till it is waſted to half a pint, ſtrain it through a hair ſieve, put in a ſpoonful of browning, pour it on your teals; ſerve them up with onion ſauce in a boat. Garniſh your diſh with raſpings of bread.

TEETH.

To preſerve the teeth in order, and in any degree of beauty, requires leſs trouble than perſeverance. Five minutes labour every morning is amply ſufficient: indeed, to produce a ſet of fine, regular teeth, they ſhould

ſhould be taken under management from their very firſt appearance, and every aſſiſtance given to make them cut eaſy, and puſh out regularly, otherwiſe they have leſs chance to be well ſhaped, well ranged, and make a beautiful appearance.—The firſt teeth prepare ſockets for thoſe which are to ſucceed them; and upon the right diſpoſition of theſe ſockets will the regularity and beauty of the ſecond ſet of teeth depend.

The breeding and cutting of the teeth often prove prove fatal to infants, at all times is attended with violent pains, and frequently with convulſions and fevers. Looſeneſs, if not ſevere, is rather a favourable ſymptom. Diluting liquors, as milk and water, balm tea, &c. ſhould be plentifully adminiſtered, but by no means too warm. The appearance of the teeth are uſually foretold by a ſmall white circle ſurrounding that part of the gum, and deſcribing the ſize of the future tooth; at this time it will be neceſſary to rub the gums with a little fine honey mixed with liquorice powder, which frequently prevents convulſions; the white ſhank of a boiled aſparagus, or the rib of a large lettuce leaf, is often ſucceſsfully employed to rub the gums with.

The difficulties and dangers which attend teething, may frequently be obviated, and conſiderably leſſened, by attending to a few plain general rules: To keep the body open by cooling and corrective medicines;—to guard againſt any violent looſeneſſes by a proper change of phyſic;—to ſupply the want of immediate operation by gentle clyſters or vomits; and taking care that the food be very light, (if the child is weaned) as chicken broth, beef tea, or palatable ſlops, which are preferable to fleſh meals.

For this purpoſe, rhubarb, with magneſia, in caſe of coſtiveneſs; or with prepared crabs claws, in caſe of too great a degree of looſeneſs; clyſters made with mutton or chicken broth; common ſalt, coarſe ſugar, and ſweet oil, adapting the quantity to the age of the child.

From the earlieſt infancy, children ſhould be taught to waſh their teeth and gums every morning and evening with cold water, and continue this practice through life.

About ſix or ſeven years of age they begin to ſhed theſe firſt teeth, and new ones ſucceed, the preſervation and management of which demand our vigilant attention.

Even, regular teeth contribute ſo much to the beauty of the human countenance, that without their aid the viſage would appear deformed, and the harmony of the fineſt features be incomplete. Irregularity might be often prevented by a timely removal of the firſt ſet of teeth, whenever they appear crooked, projecting forward, inclining inwards, or otherwiſe tending to deformity, as they give the ſhape to the bony ſocket for thoſe which are to follow; and hence diſtort the mouth, and affect the ſhape of the whole face.

There is another deformity, which ſeems cauſed by inattention to the teeth in early life, namely, when the teeth of the under jaw project forward beyond thoſe of the upper, and incloſe them; the contrary to which being the natural ſituation: this being under-jawed, not only renders the front teeth uſeleſs in both jaws in eating, but makes the under one grow conſiderably longer than it otherwiſe would.

The

The teeth ſhould be often examined from ten or twelve years of age, to obſerve their decay, and make the neceſſary proviſion againſt it; to prevent rottenneſs from reaching the nerve; and alſo to remove all tartareous accumulations which may have adhered to them.

Thoſe concretions about the teeth and gums which are called the tartar of the teeth, proceed from a hurtful nutriment; partly from the ſaliva, impregnated with the excrementitious juice of the gums, which by continually moiſtening the teeth gradually adds theſe tartareous particles to them.

This tartar, in conſequence of its acrimony, imperceptibly conſumes the ſubſtance of the teeth, produces blackneſs, and frequently a caries or rottenneſs. Acid ſpirits, ſuch as the ſpirit of ſalt, ſpirit of vitriol, &c. diſſolve the tartareous ſubſtance on the teeth, yet too frequent, too long, or any injudicious application thereof, will deſtroy the tooth itſelf. Acids of every denomination are unfriendly to the teeth, whether ſpirit of ſalt, vitriolic ſpirit, tartar of vitriol in its acid ſtate, cream of tartar, or alum, burnt or unburnt. Nor are theſe the only preparations from which danger is to be apprehended; powder of coral, cuttle fiſh bone, pumice ſtone, and ſimilar ſubſtances, when frequently uſed, deſtroy the enamel not leſs, though in a different manner, than the foregoing acids: the one diſſolves, the other by its aſperities acts like a file, and rubs it off. This ſeems to exclude all the generally received preparations for the teeth, and with great juſtice; but we hope to offer others in their place, which will equally anſwer every good intention, without cauſing the leaſt diſagreeable conſequence.

Moſt people may obſerve, that however clean their teeth are on going to bed at night, yet on paſſing a finger over them next morning, they will be found covered with a thin, ſlimy ſubſtance, which ſeems the reſiduum of the ſaliva, united with an excrementitious juice from the gums, gathers about the teeth, and acquires a degree of hardneſs little inferior to themſelves. A compoſition, therefore, which will abſorb this mucous ſubſtance, prevent it from adhering to the teeth, and preſerve their natural colour, is the beſt tooth powder that can be made uſe of: that artificial whiteneſs which is cauſed by uſing alum and ſimilar ſubſtances, is a certain indication of their approaching decay, which is ſoon after more ſenſibly announced by chillneſs and pain.

When the teeth are once perfectly freed from tartar, (which often lurks under the gums, unknown to one's ſelf) the frequent uſe of the following powder will preſerve them for years:

Reſtorative Powder for the TEETH *and* GUMS.

Take French bole, one ounce; dragon's blood and myrrh, each half an ounce; maſtic, a dram and a half; cinnamon and cloves, each half a dram: reduce them into a very fine powder, and with your finger dipped therein, rub the teeth and gums well two or three times a week, rinſing the mouth afterwards with cold water. This comforts and ſtrengthens the gums, abſorbs all that acrimonious ſlime and foulneſs which would accumulate to the deſtruction of the teeth, and has this peliar property, that it can never do them an injury.

To ſuch as are deſirous of preparations that will more

ſpeedily whiten the teeth, we ſhall communicate a few receipts for that purpoſe:

Take myrrh, roch alum, dragon's blood, and cream of tartar, each one ounce; muſk, two grains: make them into a fine powder.

The author of this recipe is ſo honeſt as to add, 'that, though ſimple, it is an efficacious dentifrice; yet 'nothing of the kind ſhould be applied too frequently 'to the teeth, for fear of hurting the enamel.'

If the teeth and gums are rubbed with a piece of clean rag dipped in vinegar of ſquills, it will not only whiten, but faſten the roots of the teeth, and correct an offenſive breath.

When the enamel of the teeth is waſted, either by a ſcorbutic humour, or any external cauſe, the tooth cannot long remain ſound, and muſt therefore be cleaned with great caution; for which purpoſe a piece of wood, like a butcher's ſkewer, made ſoft at the end, and either uſed alone, or dipped in the reſtorative powder recommended above.

The large double teeth (two on each ſide next the *dentes ſapientiæ*) are often diſcovered, even at their firſt appearance, to have ſeveral ſmall holes; and as theſe teeth are not ſucceeded by any others, care ſhould be taken, as early as poſſible, to ſtop the holes up, otherwiſe they daily enlarge, break into one, and become attended with much pain.

When the hollows of decayed teeth are filled up, whether with gold or other materials, the perſon ſhould avoid cracking nuts, or ſqueezing any hard ſubſtance between them, as that will not only cauſe the ſtopping to come out, but frequently break even ſound teeth.

The TOOTH-ACH

Proceeds from a variety of cauſes, but, perhaps, from no one more frequently than neglect of cleanlineſs; rottenneſs of the teeth is only a ſecondary cauſe, or a conſequence of the former; and it is certain that no inſtances are to be met with of diſorders originating in the internal part of a ſound tooth, which, however, is commonly the ſeat of complaint; always, indeed, in decayed teeth, probably occaſioned by the air entering the decayed part, and affecting the blood-veſſels, or nervous membranes.

Remedies for this complaint are without number. When the diſorder is ſlight, it may frequently be alleviated by applying a bit of cotton dipped in oil of cloves, or Turlington's balſam, to the hollow part, and if frequently repeated, will oft-times effect a cure; tincture of laudanum or opium may alſo be uſed for the ſame purpoſe.

When the extirpation of tartar from under the gums has long been neglected, it frequently corrodes that part of the tooth where the enamel ends, and brings on a diſagreeable ſenſation, which is generally heightened by eating acids, fruit, ſweetmeats, &c. The ſame complaint is frequently brought on by uſing hard, cutting ſubſtances, under the name of tooth powders; it may be prevented from going farther by the uſe of the reſtorative powder before recommended. Indeed, the very cloſe adheſion of the tartareous matter will produce a pain not eaſily diſtinguiſhable from the common tooth-ach, but which always ſubſides on removing the cauſe.

Severe

Severe colds, violent exerciſe, ſitting up late, or exceſſive drinking, will bring on a tooth-ach of different kind from the foregoing, being attended with violent head-ach, ſwelling of the cheeks, and an inflammation of the gums that frequently ſuppurates: it moſtly begins with a gnawing pain about the roots, eſpecially of the double teeth, the pulſe quickens, and a fever enſues, with increaſed pain for three or four days, till the inflammation riſes to its height, the diſcharge whereof commonly gives relief.

Slight electrical ſhocks, or rather ſparks drawn from the tooth; bleeding, eſpecially by leeches applied near the ſeat of the complaint, and evacuations by ſtool, will be found of great ſervice. Sometimes a flannel cloth ſoaked in a ſtrong decoction of camomile, applied warm as it can be borne, and repeated quickly, will very much alleviate the complaint.

A bliſter behind the ear, when the pain is extremely violent, may be applied with advantage; and ſmoaking either common or herb tobacco (the latter is leaſt weakening to the ſtomach) will afford a temporary relief; though ſuch means cannot totally remove the diſorder, which is too deeply rooted to be eradicated by theſe ſuperficial remedies.

When bleeding and other applications fail, let the patient take an ounce of nitre divided into ſixteen doſes; abſtaining from fleſh-meat, wine, and hot liquors.

Generally, as the inflammation increaſes, the ſeverity of the pain declines; and in ſome, though few caſes, the inflammation will be very conſiderable without any pain whatever. Should the diſorder be ſo violent as to endanger

endanger the palate of the mouth, by the ſecret lodgement of any acrimonious matter, the caſe becomes highly alarming, and requires the choiceſt medical aſſiſtance.

Opiates may be advantageouſly adminiſtered, and often afford conſiderable relief, when applied as a plaiſter ſo as to cover the affected part.

The inflammatory tooth-ach is the common, and perhaps the only origin of gum-boils, a morbid affection of the gums, ſo called; and one of the very few cauſes which can render it neceſſary to extract a tooth.

It ſhould be obſerved, that during the inflammation, it will be very improper to attempt extracting the painful tooth; the roots being at that time ſo tightly wedged in their ſockets, as to render it liable to be broken in the operation; without ſaying any thing of the very excruciating pain it cauſes at this time.

There is a third tooth-ach, which ſeems to be a particular ſort of rheumatiſm; for we may often obſerve pains of the joints and ſhoulders tranſlated to one ſide of the head, the teeth of which they attack in the moſt violent manner. On the contrary, pains in the head and teeth are obſerved frequently to change their ſeats, and fall upon the ſhoulders and arms. As a rheumatiſm is brought on by an intemperate, or ſudden change of air, ſo a tooth-ach of this claſs is generally excited by a ſudden removal from a warm to a cold air; or by the ſudden changes of heat and cold in the ſpring and autumn. Rheumatiſms are more incident to women than men, ſo alſo are tooth-achs, though they generally prove far more ſevere in the latter than in the former. Beſides, it is confirmed by experience, that ſuch as are ſubject to

rheumatic

rheumatic and gouty complaints, are much leſs afflicted with this tooth-ach: hence it ſhould follow, that the regimen and method of cure ſhould be ſimilar with thoſe diſorders.

As in rheumatiſms and gouts, ſo in this tooth-ach, thoſe who have been once afflicted are eaſily, and by every ſlight cauſe, ſubjected to freſh attacks of the diſorder, on account of the weakneſs left behind. Theſe pains, too, are ſometimes periodical; often continue a week or ten days, almoſt without intermiſſion, and then ſubſide entirely for a fortnight, or longer, when they return as before.

This diſorder is uſually treated as nervous or rheumatic; and when the pain has been ſo intenſely violent as to reſiſt the force, and elude the efficacy of all other medicines, Hoffman tells us, that he has obſerved a moſt ſingular and unexpected relief afforded by the following pills invented by himſelf:

Take of aloetic pills, one dram; of the ſtorax pills, half a dram; and of the *extract of ſaffron* ſix grains; mix them into a maſs, of which form ſixty pills; ſix or eight of them are to be given for a doſe.

Extraction of the tooth is the laſt remedy that can be propoſed, when the particular one can be diſcovered. But it muſt be obſerved, that there are rheumatic and nervous pains in the head, entirely unconnected with, and independent of the teeth; and from which, were all the teeth in the head drawn out, the patient would not find the ſmalleſt relief. And, indeed, thoſe who ſuffer their teeth to be pulled out when firm and ſound, pay very little regard to their own welfare; for tooth drawing is not only a painful operation, but is often attended

with bad accidents, and even ſometimes endangers the patient's life.

Tooth-drawing, however wrong, injudiciouſly, or wantonly performed in ſome caſes, is certainly right and neceſſary in others. It is ſometimes neceſſary to draw a tooth for the curing a fiſtula, or ulceration of the gums near the roots of the teeth.

One argument that might diſſuade people from flying to this operation on every trifling cauſe, is the very great injury the face ſuſtains in its beauty. A diminution takes place, both in length and breadth; the cheeks in particular fall in and look lanky; and the whole viſage appears no larger than that of a child.

We ſhall conclude this article with enumerating a few particulars, a want of attention to which is often a prejudice not only to people's teeth, but frequently even to health itſelf.

1. Expoſing themſelves to catch cold, by walking late abroad, ſleeping with the head too thinly covered, or ſtanding too long oppoſite to a gate, or window, half open—which occaſion a flux of humours to fall on the teeth, creating the tooth-ach, ſwelling of the cheeks, &c.

2. Neglecting to keep the arms and legs ſufficiently warm, is often attended with as great prejudice to the teeth, as ſuffering cold in the head from the ſame neglect.

3. Not taking proper care of the head, by combing it frequently; which negligence prevents this part from perſpiring ſo freely as it ought, whence the ſuperfluous humour falls down upon the teeth and gives birth to ſeveral complaints.

4. Eating

4. Eating or drinking things that are too hot, as coffee, tea, &c. or holding hot ſpirituous liquors, cauſtic oils, and ſpices in the mouth for the tooth-ach, which give a temporary eaſe, but lay the foundation for future pains.

5. Nothing is more apt to looſen the teeth, and rub off the enamel, than picking them with a quill tooth-pick; for that part of the quill which the tooth-pick is made of, is a very hard elaſtic ſubſtance, and very ſharp; by being paſſed backwards and forwards between the teeth, it acts almoſt as a file, wears the enamel, and at laſt totally deſtroys it; and we may very readily obſerve, that the teeth generally grow carious firſt at the ſides, where the tooth-pick is moſt employed. Gold and ſilver are not ſo elaſtic as the point of a quill, nor do the leaſt injury by friction againſt the teeth. Ivory finely poliſhed, and wrought into tooth-picks, is not injurious; but maſtic wood or biſtort root are much ſuperior, as by their aſtringent quality they ſtrengthen and preſerve the gums.

6. Eating ſweetmeats, which by their viſcidity ſtick cloſe to the teeth, and corrode them; chewing things that are too hard, or cracking the ſtones of fruit or nuts, &c. eating green fruit, pickles, &c. which fret the gums; chewing food that is tough and fibrous, as ſalted meat or fiſh, neglecting to waſh the mouth after eating, eſpecially any of the foods juſt mentioned; with the frequent uſe of high-ſeaſoned diſhes.

TENCH.

To boil TENCH. Take tench freſh from the ponds, gut them, ſcale them clean, then put them into a ſtew-pan with as much water as will juſt cover them, a little ſalt, whole pepper, and lemon peel, a few cloves, a bunch of ſweet herbs, and a ſtick of horſe-radiſh; let them boil till they are tender, and when they are enough, take out ſome of the liquor, with which mix a glaſs of white wine and a little lemon-juice or verjuice, and an anchovy ſhred.

Boil it a few minutes and thicken it with butter rubbed in flour, and with the ſauce toſs up a pint of ſhrimps; pour this over the fiſh.

Garniſh with fried bread cut in the length of a finger, ſlices of lemon and horſe-radiſh ſcraped, and pickled muſhrooms if you pleaſe, or you may toſs up ſome of them in the ſauce.

To fry TENCH. Gut, waſh, and dry them well in a cloth; ſlit them down the back, ſprinkle a little ſalt over them, and dredge them with flour; fry them of a fine brown in boiling lard. Sauce—anchovy, with muſhrooms, truffles, and capers, all chopped ſmall, and ſtewed in gravy, with the juice of a lemon, and a little fiſh cullis.

To bake TENCH. Let the tench be freſh from the pond, gut and ſcale them clean; then kill them by giving them a hard ſtroke on the back part of the head, or elſe they will live for ſeveral hours, and even jump out of the pan in the oven; when they are half enough, lay them in a pan with ſome ſtrong gravy, muſhroom ketchup, half a pint of white wine and as much of pickled

muſh-

muſhrooms, ſome ſalt, pepper, cloves and nutmeg, a bunch of ſweet herbs and lemon peel, two or three ſlices of fat bacon, an anchovy or two, and three or four large ſhallots; lay ſome bits of butter upon the fiſh, cover all as cloſe as you can, and let them have an hour's baking.

When they are baked, lay them in a hot diſh, and pour off the liquor and ſtrain it, only preſerving the muſhrooms; then add a ſpoonful of lemon juice and thicken the ſauce with the yolks of four eggs, beaten with cream and mixt by degrees with the ſauce.

Pour this over the fiſh; garniſh with beet roots ſliced, lemon ſliced and horſe-radiſh ſcraped, and ſerve it up hot.

TERRINE.

TERRINE is a *French* diſh, ſo called from *Terrine*, which ſignifies an earthen pan; it is made of half a dozen quails, four young pigeons, a couple of chickens, and a breaſt of mutton cut to pieces; bake or ſtew them in an earthen pan between two gentle fires, with lards of bacon at the bottom to keep them from burning, or young ſtreaked bacon cut into pieces; then draining off the fat put ſome veal gravy into its place, and add ſome boiled lettuce, a little green peas or aſparagus tops.

Stew all again together for ſome time, and clear it well from the fat before it is ſerved up.

TOOTH-ACH.—See TEETH.

TONGUES.

To ſalt TONGUES. Scrape and dry them with a clean cloth; ſalt them well with common ſalt, add half an ounce of ſalt petre to every tongue, lay them in a deep pot, turning them every day for a week or ten days; ſalt them again, and let them lie a week longer; then dry them with a cloth, flour them, and hang them up.

To boil a TONGUE. If it is ſalt, ſoak it in ſoft water all night; boil it three hours; if freſh out of the pickle, two hours and a half, and put it in when the water boils; take it out and pull it, trim it; garniſh with greens and carrots.

Another way. If your tongue be a dry one, ſteep it in water all night; then boil it three hours. If you would have it eat hot, ſtick it with cloves, rub it over with the yolk of an egg, ſtrew over it bread crumbs, baſte it with butter, ſet it before the fire till it is a light brown. When you diſh it up pour a little brown gravy, or red wine ſauce, mixed the ſame way as for veniſon; lay ſlices of currant jelly round it.—N. B. If it be a pickled one, only waſh it out of water.

Another way. Lard a tongue with pretty large pieces, and boil it in the broth pot, or in water, with a few onions and roots; when it is done, peel it, and ſerve it with broth, ſprinkling a little pepper and ſalt over it.

It is alſo uſed without larding, and being boiled freſh in this manner, is preferable to any thing elſe for mince-pie meat.

Another

Another way. Scald a tongue, and parboil it; then peel it, and lard it through with coarſe pieces; finiſh it by itſelf in a ſmall pot, with broth, pepper, ſalt, carrots, parſnips, two onions, ſlices of lard, a faggot, ſhallots, two cloves, a laurel leaf, thyme, baſil, a few tarragon leaves, and a glaſs of white wine; boil on a ſlow fire, and put to it what ſauce you pleaſe.

Calves, ſheep, or porker's tongues are dreſſed the ſame way.

To ſtew NEAT'S TONGUES. Put two tongues in water juſt ſufficient to cover them, and let them ſtew two hours; then peel them, and put them in again with a pint of ſtrong gravy, half a pint of white wine, a bundle of ſweet herbs, a little pepper and ſalt, ſome mace, cloves, and whole pepper, tied in a muſlin rag; a ſpoonful of capers chopped, turnips and carrots ſliced, and a piece of butter rolled in flour. Let all ſtew together very ſoftly over a ſlow fire for two hours, and then take out the ſpice and ſweet herbs, and ſend the diſh to table. You may, juſt as you like, leave out the turnips and carrots, or boil them by themſelves, and lay them in a diſh.

NEAT'S TONGUE *à le Remoulade*—NEAT'S TONGUE *with a reliſhing Sauce.* Scald a freſh tongue and peel it, lard it with large pieces of bacon, boil it into the ſtock pot, or in broth, with a little ſalt, and a noſegay; ſplit it, but not quite in two; make a ſauce with parſley, ſhallots, capers, anchovies, all very finely chopped, a little vinegar, a few crumbs of bread or raſpings, a little cullis and broth, ſome ſalt and pepper; boil all together a little, then put the tongue in it to ſimmer for a quarter of an hour. When you ſerve, add a little muſtard.

To

To force a NEAT'S TONGUE. Boil it till it is tender; let it ſtand till it is cold, then cut a hole at the root end of it, take out ſome of the meat, chop it with as much beef ſuet, a few pippins, ſome pepper and ſalt, a little mace beat, ſome nutmeg, a few ſweet herbs, and the yolks of two eggs; beat all together well in a marble mortar; ſtuff it, cover the end with a veal caul, or buttered paper; roaſt it, baſte it with butter, and diſh it up. Have for ſauce good gravy, a little melted butter, the juice of an orange or lemon, and ſome grated nutmeg; boil it up, and pour it into the diſh.

To marinade NEAT'S TONGUES. Boil them till tender, and peel them; when cold, put them into a veſſel that will hold them at full length; make a pickle of white-wine vinegar (as much as will fill the veſſel) ſome nutmegs, ginger ſliced, mace, whole cloves, a bunch of ſweet herbs, conſiſting of parſley, ſweet marjoram, ſage, winter ſavory, thyme, and bay-leaves; boil them well. When cold, put them to the tongues, with ſome ſalt and ſliced lemon; cloſe them up. Serve them in ſlices in ſome of the liquor. They may be larded if agreeable.

A NEAT'S TONGUE *en Crepine—A* NEAT'S TONGUE *in Veal caul.* Boil a tongue ſufficiently to peel; then lard and ſplit it without ſeparating it in two; ſlice ſome onions, fry them in hog's lard; put to it three or four ſpoonfuls of hog's blood, about a quarter of a pound of freſh lard chopped, a few ſpices, and ſalt; ſimmer it, ſtirring it continually till the blood is well mixed; then lay a caul in the bottom of your diſh, and ſpread upon it part of your preparation, then the tongue, then the ſame as before on the tongue; roll it up in the

caul, and garniſh it with bread crumbs; put it in the oven to bake, and take a good colour; clean the diſh free from fat, and ſerve it under a ſauce made with cullis, jelly broth, and lemon.

To force a NEAT'S TONGUE *and Udder.* Firſt parboil the tongue and udder, blanch the tongue, and ſtick it with cloves. As for the udder, you muſt carefully raiſe it, and fill it with force-meat made of veal; firſt waſhing the inſide with the yolk of an egg, then put in the force-meat, tie the ends cloſe and ſpit them; roaſt them, and baſte them with butter; when enough, have good gravy in the diſh, and ſweet ſauce in a cup.

N. B. For variety, you may lard the udder.

To pot NEAT'S TONGUE. Take a neat's tongue, and rub it with an ounce of ſaltpetre, and four ounces of brown ſugar, and let it lie two days; then boil it till it is quite tender, taking off the ſkin and ſide bits; then cut the tongue in very thin ſlices, and beat it in a marble mortar, with one pound of clarified butter, mace, pepper and ſalt to your taſte; beat it exceeding fine, then put it cloſe down into ſmall potting pots, and pour clarified butter over them.

TRIPE.

To fricaſſee TRIPE. Cut a piece of double tripe in pieces of about two inches; put them in a ſaucepan of water, with an onion, and a bundle of ſweet herbs; boil it till it is quite tender, then have ready a biſhamel made thus: take ſome lean ham, cut it in thin pieces, and put it in a ſtewpan, with ſome veal, having firſt cut off the fat,

put it over the ham; cut an onion in ſlices, ſome carrot and turnip, a little thyme, cloves, and mace, and ſome freſh muſhrooms chopped; put a little milk at the bottom, and draw it gently over the fire; be careful it does not ſcorch, then put in a quart of milk, and half a pint of cream; ſtew it gently for an hour, thicken it with a little flour and milk, ſeaſon it with ſalt, and a very little kyan pepper bruiſed fine; then ſtrain it off through a tammy; put your tripe into it, toſs it up, and add ſome force-meat balls, muſhrooms, and oyſters blanched; then put it into your diſh, and garniſh with fried oyſters, or ſweetbreads, or lemons.

Another way. Take ſome lean tripe, cut and ſcrape from it all the looſe ſtuff, and cut it into pieces two inches ſquare; cut them acroſs from corner to corner, or in what ſhape you pleaſe; put them into a ſtewpan, with half as much white wine as will cover them, ſliced ginger, white pepper, a blade of mace, a bundle of ſweet herbs, and an onion. When it begins to ſtew, a quarter of an hour will do it; then take out the herbs and onion, and put in a little ſhred parſley, the juice of a lemon, half an anchovy cut ſmall, a few ſpoonfuls of cream, and the yolk of an egg, or a piece of butter. Seaſon it to your taſte, and when you diſh it up, garniſh it with lemon.

Another way. Cut ſome nice white tripe into ſlips, put it into ſome boiled gravy with a little cream, and a bit of butter mixed with flour; ſtir it till the butter is melted; add a little white wine, lemon-peel grated, chopped parſley, pepper, and ſalt, pickled muſhrooms, or lemon juice; ſhake all together; ſtew it a little.

TROT-

TROTTERS.

A Fricaſſee of SHEEP'S TROTTERS. Firſt cleanſe them very well from the hair, and waſh them in vinegar and water; then take out the bones and boil them in ſalt and water, with a little lemon-peel, and when they are hot give them either of the following ſauces:

For a white ſauce take white wine, with a little ſalt, a few ſweet herbs, ſome whole pepper, a little lemon-peel, a bit of horſe-radiſh, and a ſhalot.

When it is ſtrong enough reliſhed, ſtrain it off and take a little of it, and mix it with butter to thicken it; or about half a pint of cream, which is better; pour this over the trotters with a few capers, and ſerve it up with ſlices of lemon.

A brown Fricaſſee of TROTTERS. Dreſs them as before, and when they are fit for ſauce, make ſome hog's lard very hot in a pan, and then put in the trotters, being well covered with flour; and when they are enough pour over them a ſauce made of gravy, claret, and muſhrooms; thicken with burnt butter.

Serve it up garniſhed with ſlices of lemon, pickled barberries, ſome raſpings of bread ſifted and toaſted before the fire.

TROUTS.

To ſtew a TROUT. Stuff a ſmall trout with grated bread, a piece of butter, parſley chopped, lemon-peel grated, pepper, ſalt, nutmeg, ſavory herbs, and yolk of egg, mixed; put it into a ſtewpan with a quart of good

boiled gravy, ſome Madeira, an onion, a little whole pepper, a few cloves, and a piece of lemon-peel; ſtew it in this gently till enough; add a little flour mixed in ſome cream, a little catchup; boil it up; ſqueeze in ſome lemon juice.

To broil TROUTS. Prepare a ragoo with muſhrooms, truffles, fiſh roes and pike's livers fried brown; alſo an anchovy and ſome ſweet herbs, and a few capers. Lay the trouts a ſoaking for ſome time, and afterwards ſerve them up with lemon juice.

Or you may bread them, having cut them in pieces, firſt ſteeped in a good marinade for an hour, that they may take the whole reliſh; then broil them over a gentle fire, ſprinkle them with lemon juice.

Another way. Gut two or three trouts at the gills, ſcrape them, wipe them and lay them on a dreſſer, and paſs a red hot fire-ſhovel gently over them; but ſo as not to touch them, and repeat this from time to time; when they have by this means been well hardened, lard them with ſmall ſlips of bacon in rows, then lay thin ſlices of bacon in the bottom of an oval ſtewpan; lay the larded trouts in order upon them, and kindle a little fire underneath, and put ſome light coals on the top of a cover, to give the fiſh a fine colour; you muſt alſo ſtir them ſeveral times leſt they ſhould ſtick to the bottom.

When they are well coloured, take away all the bacon, ſoak the trouts in good gravy, with a little wine and an onion ſtuck with cloves; ſtew all gently together, and ſeaſon in the ſame pan; when they are almoſt enough, and a little ſauce is left, put muſhrooms, truffles, and all ſorts of garniture into a little gammon eſſence, in order to make a well-ſeaſoned and ſomewhat thick

thick ragoo; then dreſs the trouts in a large diſh, either of an oval or round figure; drain off all the fat, and pour the ragoo round about. You may garniſh the diſh with artichoke bottoms, andouillets or ſmall trout collops, larded and ordered like thoſe of ſoles.

To pot TROUTS. Scale and clean your fiſh very well, waſh them in vinegar and ſlit them down the back, putting ſalt and pepper into the ſlit and on the outſides; then lay them in a diſh for three hours, and after that in an earthen glazed pan with pieces of butter upon them; then ſet them in an oven for two hours, if the trouts be of fourteen inches long, tying a paper over the pan.

When they come out of the oven take them out of the liquor and put them in a pot, and as ſoon as they are quite cold pour clarified butter over them.

You may, if you pleaſe, bone them, when you ſplit their backs.

TROUT may be dreſſed in all the different ways of PERCH,—which ſee.

TURBOT.

To boil a TURBOT. Lay it in a good deal of ſalt and water an hour or two, and if is not quite ſweet, ſhift your water five or ſix times; but firſt put a good deal of ſalt in the mouth and belly.

In mean time ſet on your fiſh kettle, with clean ſpring water and ſalt, a little vinegar, and a piece of horſe-radiſh. When the water boils, lay the turbot on a fiſh-plate, put it into a kettle, let it be well boiled, but take great care

it

it is not too much done; when enough, take off the fiſh-kettle, ſet it before the fire, then carefully lift up the fiſh-plate, and ſet it acroſs the kettle to drain. In the mean time melt a good deal of freſh butter, and bruiſe in either the ſpawn of one or two lobſters, and the meat cut ſmall, with a ſpoonful of anchovy liquor; then give it a boil, and pour it into baſons. This is the beſt ſauce; but you may make what you pleaſe. Lay the fiſh in the diſh. Garniſh with ſcraped horſe-radiſh and lemon.

Another way. Make a brine with a handful of ſalt or two, and a gallon or more of water; let the turbot lie in it two hours before it is to be boiled; then ſet on a fiſh-kettle, with water enough to cover it, and about half a pint of vinegar (or leſs if the turbot is ſmall); put in a piece of horſe-radiſh. When the water boils, put in the turbot, the white ſide uppermoſt, on a fiſh-plate. Let it be done enough, but not too much, which will be eaſily known by the look. A ſmall one will take twenty minutes; a large one, half an hour. Then take it up, and ſet it on a fiſh-plate to drain before it is laid in the diſh. Sauce—lobſter ſauce and white-ſauce.

Another way. Make a brine after this manner: Boil two quarts of water for about an hour (more or leſs according to the ſize of the fiſh) with bits of carrots, parſnips, parſley roots, two onions ſliced, two ſhallots, thyme, laurel, a little baſil, and a good deal of ſalt; then ſift the brine, and boil the turbot therein, with as much milk and a little butter; ſimmer it a ſufficient time on a ſlow fire, with a fiſh-plate under, that it may drain; and ſerve it with what ſauce you think proper.

TURBOT *au Court Bouillon, with Capers.* Waſh and dry a ſmall turbot, then take ſome thyme, parſley, ſweet herbs, and an onion ſliced; put them into a ſtew-pan, then lay in the turbot (the ſtewpan ſhould be juſt large enough to hold the fiſh) ſtrew over the fiſh the ſame herbs that are under it, with ſome chives and ſweet baſil; then pour in an equal quantity of white wine, and white wine vinegar till the fiſh is covered; then ſtrew in a little bay-ſalt, with ſome whole pepper; ſet the ſtewpan over a gentle ſtove, increaſing the heat by degrees till it is enough; then take it off the fire, but do not take the turbot out; ſet a ſaucepan on the fire with a pound of butter, two anchovies ſplit, boned and waſhed, two large ſpoonfuls of capers cut ſmall, ſome chives whole, and a little pepper, ſalt, ſome nutmeg grated, a little flour, a ſpoonful of vinegar, and a little water; ſet the ſaucepan over the ſtove, and keep ſhaking it round for ſome time, and ſet the turbot on to make it hot; put it in a diſh, and pour ſome of the ſauce over it; lay ſome horſe-radiſh round it, and put what remains of the ſauce in a boat.

Soles, flounders, large plaice, or dabs, are very good done this way.

TURBOT *à-la-St. Menehoult.* Half boil your turbot in water and a little white wine, with a piece of butter, ſliced carrots, a faggot of parſley, four cloves, a little whole pepper, and half a handful of ſalt; then drain it, ſkim the butter off the liquor, and mix it with the yolks of three or four eggs, and a little cullis; thicken it over the fire, and baſte the turbot with it; then put it on the diſh you intend for table, ſtrew it over with bread-crumbs, baſte it with butter, bake it in the oven.

oven till of a good colour, and ſerve with a reliſhing ſauce.

To fry a TURBOT. Take a ſmall turbot, and cut it acroſs as if it were ribbed. When it is quite dry, flour it, and put it in a large frying-pan, with boiling lard enough to cover it; fry it until it is brown, then drain it; clean the pan, put into it claret or white wine, almoſt enough to cover it, anchovy, ſalt, nutmeg, and a little ginger; put in the fiſh, and let it ſtew till half the liquor is waſted; then take it out, and put in a piece of butter rolled in flour, and a minced lemon; let them ſimmer till of a proper thickneſs, rub a hot diſh with a piece of ſhallot, lay the turbot in the diſh, and pour the ſauce over it.

To bake a TURBOT. Take a diſh about the ſize of the turbot, rub butter thick all over it, mix a little ſalt, beaten pepper, and half a large nutmeg, ſome parſley minced fine, and throw all over; pour in a pint of white wine; cut off the head and tail, lay the turbot in the diſh, pour another pint of white wine all over, grate the other half of the nutmeg over it, and a little pepper, ſome ſalt, and chopped parſley. Lay a piece of butter here and there all over, alſo throw a little flour all over, and then a good many crumbs of bread. Bake it, and be ſure that it is of a fine brown; then lay it in your diſh, ſtir the ſauce in your diſh all together, pour it into a ſaucepan, ſhake in a little flour, let it boil, ſtir in a piece of butter and two ſpoonfuls of catchup; let it boil again, and pour it into baſons. Garniſh your diſh with lemons; and you may add what you fancy to the ſauce, as ſhrimps, anchovies, muſhrooms, &c. If a ſmall turbot, half the wine will do. It eats finely thus. Lay it in a diſh, ſkim off all the

fat, and pour the reſt over it. Let it ſtand till cold, and it is good with vinegar, and a fine diſh to ſet out a cold table.

TURKEY.

To roaſt a TURKEY. A middle ſized one will be roaſted in an hour. Make a ſtuffing with four ounces of butter or chopped ſuet, grated bread, a little lemon-peel, parſley, and ſweet herbs, chopped, pepper, ſalt, and nutmeg, a little cream and yolk of eggs; fill the craw with this, or with force-meat; paper the breaſt till near done, then flour and baſte it. For ſauce—gravy alone, or brown celery ſauce, or muſhroom ſauce. For a turkey-poult, gravy and bread ſauce.

Another way. The beſt way to roaſt a turkey, is to looſen the ſkin on the breaſt of the turkey, and fill it with force-meat made thus: Take a quarter of a pound of beef ſuet, as many crumbs of bread, a little lemon-peel, an anchovy, ſome nutmeg, pepper, parſley, and a little thyme. Chop and beat them all well together, mix them with the yolk of an egg, and ſtuff up the breaſt; when you have no ſuet, butter will do; or you may make your force-meat thus: Spread bread and butter thin; and grate ſome nutmeg over it; when you have enough, roll it up, and ſtuff the breaſt of the turkey; then roaſt it of a fine brown, but be ſure to pin ſome white paper on the breaſt till it is near enough. You muſt have good gravy in the diſh, and bread-ſauce made thus: Take a good piece of crumb, put it into a pint of water, with a blade or two of mace, two or

three cloves, and ſome whole pepper. Boil it up five or ſix times; then with a ſpoon take out the ſpice you had before put in; and then you muſt pour off the water (you may boil an onion in it if you pleaſe); then beat up the bread with a good piece of butter and a little ſalt.

Hen turkeys are moſtly preferable to cocks, for whiteneſs and tenderneſs; the ſmall fleſhy ones are the moſt eſteemed, and they ought to be kept as long as the weather will admit.

Another way. Having dreſſed your turkey, truſs its head down to the legs, and make your force-meat, which muſt be thus prepared: Break a penny-loaf into crumbs, ſhred a quarter of a pound of beef ſuet very fine, a little ſauſage meat, or veal minced and pounded, and ſeaſon to your taſte with pepper, ſalt, and nutmeg. Mix up all together lightly with three eggs, and ſtuff it into the craw. Spit it, and lay it down to a good fire, which muſt be clear and briſk. Singe, duſt it with flour, and baſte it ſeveral times with cold butter, which will froth it much better than the hot contents of the dripping-pan, and make the turkey more plump. When it is properly done, renew the frothing in the ſame manner as before, and diſh it up. A middle ſize turkey may be down at the fire an hour and a quarter. Pour into your diſh your ſauce. Serve it up; garniſh with lemon and pickles.

Sauce for a TURKEY. Cuſt the cruſts off a penny loaf, cut the reſt in thin ſlices, put it in cold water, with a few pepper corns, a little ſalt and onion; boil it till the bread is quite ſoft, then beat it well; put in a

quarter of a pound of butter, two ſpoonfuls of thick cream, and ſerve it in a baſon.

Another ſauce. Take half a pint of oyſters, ſtrain the liquor, and put the oyſters with the liquor into a ſaucepan with a blade or two of mace; let them juſt lump, then pour in a glaſs of white wine; let it boil once, and thicken it with a piece of butter rolled in flour. Serve this up in a baſon by itſelf, with good gravy in the diſh, for every body does not love oyſter-ſauce. If you chaſe it in the diſh, add half a pint of gravy to it, and boil it up together. This ſauce is good either with boiled or roaſted turkies, or fowls; but you may leave the gravy out, adding as much butter as will do for ſauce, and garniſhing with lemon.

To boil a TURKEY. Let the turkey be truſſed for boiling; ſet on the pot with ſome water and ſome ſalt, a large handful of chopped parſley, and four or five pepper corns; when it boils, put in the turkey, and let it boil very gently till it is enough, but be very careful it is not done too much; when it is near done, ſet on a ſaucepan, with a piece of butter rolled in flour, and a little water; cut ſome parſley very ſmall, and put into it a thin ſlice of garlic, two anchovies, a tea-ſpoonful of lemon-peel, cut like dice, a little juice of lemon, and ſome ſalt. Let theſe ſtew together, and then thicken it. Take up the turkey, and pour the ſauce over it.

Another way. Let your turkey have no food the day before you kill it; when you are going to kill it, give it a ſpoonful of allegar; it will make it white, and eat tender. When you have killed it, hang it up by the legs for four or five days at leaſt; when you have

plucked it, draw it at the rump; if you can take the breaſt-bone out nicely, it will look much better. Cut off the legs, put the end of the thighs into the body of the turkey, ſkewer them down, and tie them with a ſtring; cut off the head and neck, then grate a penny-loaf, chop a ſcore or more of oyſters fine, ſhred a little lemon-peel, nutmeg, pepper and ſalt to your palate. Mix it up into a light force-meat, with a quarter of a pound of butter, a ſpoonful or two of cream, and three eggs; ſtuff the craw with it, and make the reſt into balls, and boil them. Sew up the turkey, dredge it well with flour, put it into a kettle of cold water, cover it, and ſet it over the fire. When the ſcum begins to riſe, take it off, put on your cover, and let it boil very ſlowly for half an hour; then take off your kettle, and keep it cloſe covered. It it be of a middle ſize, let it ſtand half an hour in the hot water, the ſteam being kept in will ſtew it enough, make it riſe, keep the ſkin whole, tender, and very white. When you diſh it up, pour over it a little of your oyſter-ſauce, lay your balls round it, and ſerve it up with the reſt of your ſauce in a boat. Garniſh with lemon and barberries.——N. B. Obſerve to ſet on your turkey in time, that it may ſtew as above: it is the beſt way to boil one to perfection. When you are going to diſh it up, ſet it over the fire to make it quite hot.

Celery Sauce for a boiled TURKEY. Take the white part of the celery, cut it about one inch long; boil it in ſome water till it is tender, then take half a pint of veal broth, a blade of mace, and thicken it with a little flour and butter; put in half a pint of cream, boil them

them up gently together; put in your celery and boil it up, then pour it into your boats.

TURKEY *à-la-daube, to be ſent up hot.* Cut the turkey down the back, juſt enough to bone it, without ſpoiling the look of it, then ſtuff it with a nice force-meat, made of oyſters chopped fine, crumbs of bread, pepper, ſalt, ſhallots, a very little thyme, parſley, and butter; fill it as full as you like, and ſew it up with a thread, tie it up in a clean cloth, and boil it very white, but not too much. You may ſerve it up with oyſter-ſauce made good; or take the bones, with a piece of veal, mutton, and bacon, and make a rich gravy, ſeaſoned with pepper, ſalt, ſhallots, and a little bit of mace, ſtrain it off through a ſieve, and ſtew your turkey in it (after it is half-boiled) juſt half an hour, diſh it up in the gravy after it is well ſkimmed, ſtrained, and thickened, with a few muſhrooms, ſtewed white, or ſtewed palates, force-meat balls, fried oyſters or ſweetbreads, and pieces of lemon. Diſh them up with the breaſt upwards. If you ſend it up garniſhed with palates, take care to have them ſtewed tender firſt. Before you add them to the turkey, you may put a few morels and truffles in your ſauce, if you like it, but take great care to waſh them clean.

TURKEY *à-la-daube, to be ſent up cold.* Bone the turkey, and ſeaſon it with pepper and ſalt, then ſpread over it ſome ſlices of ham, upon that ſome force-meat, upon that a fowl, boned and ſeaſoned as above; then more ham and force-meat, and ſew it up with thread; cover the bottom of the ſtewpan with veal and ham, then lay in the turkey, the breaſt down; chop all the

bones

bones to pieces, and put them on the turkey; cover the pan, and ſet it on the fire five minutes; then put in as much clear broth as will cover it, let it boil two hours; when it is more than half done, put in one ounce of iſinglaſs and a bundle of herbs. When it is done enough, take out the turkey, and ſtrain the jelly through a hair ſieve, ſkim off all the fat, and when it is cold, lay the turkey upon it, the breaſt down, and cover it with the reſt of the jelly. Let it ſtand in ſome cold place. When you ſerve it up, turn it on the diſh it is to be ſerved in. If you chuſe, you may ſpread butter over the turkey's breaſt, and put ſome green parſley or flowers, or what you pleaſe, and in what form you like.

To ſtew a TURKEY *brown.* Bone a ſmall turkey; fill it with force-meat made as follows: Take half a pound of veal, and the meat of two pigeons, a tongue out of the pickle, boiled and peeled; chop all theſe ingredients together, and beat them in a mortar, with ſame marrow from a beef bone, or a pound of ſuet from a loin of veal; ſeaſon them with two or three cloves, two or three blades of mace, and half a nutmeg dried at the fire and pounded, with ſome ſalt. Mix all theſe well together, fill the turkey, and fry it of a fine brown; put it into a pot that will juſt hold it, lay ſome ſkewers at the bottom of the pot, to keep the turkey from ſticking; put in a quart of good beef gravy, cover it cloſe, and let it ſtew for half an hour very gently; then put in a glaſs of red wine, one ſpoonful of catchup, a large ſpoonful of pickled muſhrooms, ſome truffles, morels, and a piece of butter rolled in flour; cover it

cloſe

cloſe, and let it ſtew half an hour longer. Fry ſome hollow French loaves; then take ſome oyſters, ſtew them in a ſaucepan with a bit of mace, their liquor, a little white wine, and a piece of butter rolled in flour; let them ſtew till they are pretty thick, fill the loaves with them; lay the turkey in the diſh, pour the ſauce over it, and lay the loaves on each ſide.

To ſtew a TURKEY *with Celery.* Stuff the turkey as when ſtewed brown (leaving out the oyſters) or with force-meat; boil it till near enough, with an onion, a little whole pepper, a piece of lemon-peel, and a bunch of ſweet herbs in the water; have ſome celery cut into lengths and boiled till near enough; put them into ſome of the liquor the turkey was boiled in, lay in the turkey breaſt downwards, ſtew it a quarter of an hour, or till it is done; but do not overdo it. Take it up, thicken the ſauce with a piece of butter rolled in flour, and ſome good cream; add ſalt and kyan.

Another way. Take a large turkey, and make a good white force-meat of veal, and ſtuff the craw of the turkey; ſkewer it for boiling, then boil it in ſoft water till it is almoſt enough, and having taken up your turkey, and put it into a pot with ſome of the water it was boiled in, to keep it hot, put ſeven or eight heads of celery, that are waſhed and cleaned very well, into the water that the turkey was boiled in, till they are tender; then take them up, and put in your turkey with the breaſt down, ſtewing it a quarter of an hour; then take it up, and thicken your ſauce with half a pint of butter and flour to make it pretty thick, and a quarter of a pint of rich cream, adding your

celery

celery; pour the ſauce and celery hot upon the turkey's breaſt, and ſerve it up. It is a proper diſh for dinner or ſupper.

To roaſt a TURKEY *the genteel way.* Cut your turkey down the back, and bone it with a ſharp penknife; then make your force-meat thus: Take a large fowl, or a pound of veal, as much grated bread, half a pound of ſuet, cut and beat very fine, a little beaten mace, two cloves, half a nutmeg grated, about a large teaſpoonful of lemon-peel, and the yolks of two eggs; mix all together with a little pepper and ſalt, fill up the places where the bones came out, and fill the body, that it may look juſt as it did before; ſew up the back, and roaſt it. You may have oyſter-ſauce, celery-ſauce, or juſt as you pleaſe. Put good gravy in the diſh, and garniſh with lemon. Be ſure to leave the pinions on.

TURKEY *in a Braize with Cheſnuts.* Lard you turkey with a few large ſquare pieces of bacon, ſeaſoned with a little beaten ſpices, pepper and ſalt, and a little parſley; take a pot about its bigneſs, and line with thin ſlices of bacon, and cover it with the ſame; ſeaſon pretty high with onions, carrots, a turnip or two, ſuch herbs as you like, a little ſpice and pepper, parſley, and a head or two of celery; fill up with a little broth and water mixed, cover it down cloſe, and let it go gently on till every part of your turkey is very tender.

N. B. This braize will ſerve for any thing elſe the ſame day, or for four or five days following. We ſhould firſt have ſpoke of preparing the cheſnuts, by blanching, peeling, and putting into the body of the turkey, with a little force-meat in the crop, and ſkewered up; let your turkey lay in the braize till towards dinner time;

time; and now prepare your ragoo; take a thin slice or two of boiled ham, a veal sweetbread, the yolk of two of hard eggs, or a knot is better, a pickled cucumber or two, or two or three mushrooms, cut all into small dice, and put in as much cullis as is suitable for your dish; dash in a glass of white wine. Boil all a little while, throw in a little minced parsley, try if it be seasoned to your mind, squeeze in the juice of a lemon, pour the whole over your turkey well drained, and serve it up.

A couple of large fowls done in the same manner serves very well for a large *entrée*, with the same sauce, only leave out the chesnuts.

A Turkey *in Jelly.* Boil a turkey or a fowl as white as you can, let it stand till cold, and have ready a jelly made thus: Take a fowl, skin it, take off all the fat, do not cut it to pieces, nor break the bones; take four pounds of a leg of veal, without any fat or skin, put it into a well-tinned saucepan, put to it full three quarts of water, set it on a very clear fire till it begins to simmer; be sure to skim it well, but take great care it does not boil. When it is well skimmed, set it so as it will but just seem to simmer; put to it two large blades of mace, half a nutmeg, and twenty corns of white pepper, a little bit of lemon-peel as big as a sixpence. This will take six or seven hours doing. When you think it is a stiff jelly, which you will know by taking a little out to cool, be sure to skim off all the fat, if any, and be sure not to stir the meat in the saucepan. A quarter of an hour before it is done, throw in a large tea-spoonful of salt, squeeze in the juice of half a Seville orange or lemon. When you think it is

enough, ſtrain it off through a clean ſieve, but do not pour it off quite to the bottom, for fear of ſettlings. Lay your turkey or fowl in the diſh you intend to ſend it to the table in, beat up the whites of ſix eggs to a froth, and put the liquor to it, then boil it five or ſix minutes, and run it through a jelly-bag till it is quite clear, pouring the liquor over it; let it ſtand till quite cold; colour ſome of the jelly in different colours, and when it is near cold, with a ſpoon ſprinkle it over in what form or fancy you pleaſe, and ſend it to table. A few naſtertium flowers ſtuck here and there look pretty, if you can get them; but lemon, and all thoſe things, are entirely fancy.

This is a very pretty diſh for a cold collation, or a ſupper. All ſorts of birds or fowls may be done this way.

A TURKEY *the Italian way.* Mince the liver of a young turkey very fine, with ſome chopped parſley, and two or three handfuls of freſh muſhrooms, ſome pepper, ſalt, and more than an ounce of butter; mix theſe well together, and put them into the body of the turkey; put on a ſtewpan with a piece of butter, ſome ſhallots, ſome pepper and ſalt; when it is hot, put in the turkey, turn it often that it may be of a fine brown, and lay it to cool; then wrap ſome ſlices of bacon over it, and cover it all over with paper; put it upon a ſpit, and lay it down to roaſt. For ſauce---cut ſome large muſhrooms very fine, with twice the quantity of parſley, a few green onions cut ſmall. Put on a ſaucepan with half a pint of white wine; when it is hot, put in theſe ingredients; add ſome pepper and ſalt, the juice of a lemon, two cloves of garlic whole; let them boil,

and

and then put in a quarter of a pint of rich gravy, and a ſmall tea-cupful of oil; let all boil up once or twice, then take out the garlic, and put in a piece of butter rolled in flour.

Lay the turkey in the diſh, and pour the ſauce over it.

TURKEY *in a hurry.* Truſs a turkey with the legs inward, and flatten it as much as you can; put it in a ſtewpan, with melted lard, chopped parſley, ſhallots, muſhrooms, and a little garlic; give it a few turns on the fire, and add the juice of half a lemon to keep it white: then put it in another ſtewpan, with ſlices of veal, one ſlice of ham, the melted lard, and every thing as uſed before, adding whole pepper and ſalt; cover it over with ſlices of lard, and ſoak it about half an hour on a ſlow fire; then add a glaſs of white wine and a little broth, and finiſh the braizing; ſkim and ſift the ſauce, add a little cullis to make it a liaſon; reduce it to a good conſiſtence, and ſerve upon the turkey.

TURKIES *after the Dutch way.* Boil them, ſeaſon them with ſalt, pepper, and cloves; then to every quart of broth put a quarter of a pound of rice or vermicelli. It is eat with ſugar and cinnamon. The two laſt may be left out.

TURKEY *ſtuffed after the Hamburgh way.* Take one pound of beef, three quarters of a pound of ſuet, mince it very ſmall, ſeaſon it with ſalt, pepper, cloves, mace, and ſweet majoram; then mix two or three eggs with it, looſen the ſkin all round the turkey, and ſtuff it. It muſt be roaſted.

To dreſs a TURKEY *or Fowl to perfection.* Bone them, and make a force-meat thus: Take the fleſh of a fowl, cut it ſmall, then take a pound of veal, beat it in a mortar, with half a pound of beef ſuet, as much crumbs of bread, ſome muſhrooms, truffles, and morels, cut ſmall, a few ſweet herbs and parſley, with ſome nutmeg, pepper, and ſalt, a little mace beaten, ſome lemon-peel cut fine; mix all theſe together with the yolks of two eggs, then fill your turkey, and roaſt it. This will do for a large turkey, and ſo in proportion for a fowl. Let your ſauce be good gravy, with muſhrooms, truffles, and morels in it; then garniſh with lemon, and, for variety ſake, you may lard your fowl or turkey.

TURKEY *coloured.* Cut a turkey in two, and bone it thoroughly; make a good force-meat with breaſt of roaſted fowl, and every thing as already repeatedly directed; lay ſome of it upon each half pretty thick, then lay on minced ham, gerkins, truffles or muſhrooms, or both, bacon cut into dice, hard yolks of eggs, white of fowl, a few ſweet almonds, and piſtachio-nuts; cover theſe again with ſome of the force-meat, roll up each half, wrap them in ſlices of bacon, and faſten them; put them in a brazing-pan much of their own bigneſs, with good broth, half a pint of white wine, ſlices of veal and beef, ſweet herbs, two or three ſhallots or cloves of garlic, three of ſpices, thyme, and laurel, braze them on a ſlow fire about three hours; let them cool in the broth, to ſerve cold upon a napkin, or in ſlices.---It may alſo be done whole, and equally well.

A glazed

A glazed TURKEY. The turkey muſt be young, but not ſmall. When it is picked, drawn, and ſinged, lay it a little while over a clear charcoal fire, but turn it often; have ready a ragoo of ſweetbreads, take off the turkey, ſplit it down the back, fill it with this ragoo, ſew it up, and lard it with bacon; then lay at the bottom of a deep ſtewpan, firſt ſome ſlices of ham, then ſome ſlices of veal, and then ſome ſlices of beef; lay the turkey upon theſe, ſtrew over ſome ſweet herbs, and cover them cloſe; let theſe ſtew over a ſlow fire. When they are enough, take off the ſtewpan, take out the turkey, and then pour into the turkey a little good broth, ſtir it about, and ſtrain off the liquor; ſkim off the fat, ſet it over the fire again, and boil it to a jelly; then put in the turkey, and ſet the pan over a gentle fire or a ſtove; it will ſoon be well glazed; then pour into a diſh ſome eſſence of ham, and then put in the turkey.

To roaſt a TURKEY *with Cray-fiſh.* Take a young turkey, in October or November, let it be truſſed as for roaſting; make ſome force-meat with ſome fat bacon, ſuet, and the white of a chicken, all cut as fine as poſſible, and ſome freſh muſhrooms minced very fine; mix theſe ingredients well together, with ſome ſalt, pepper, the leaves of ſweet herbs picked clean from the ſtalks, and a little grated nutmeg; chop them all together after they are mixed, then boil ſome crumbs of bread in rich cream, put it to the force-meat; then take the yolks of two new-laid eggs, beat them well, and mix the force-meat with them; ſtuff the crop of the turkey, raiſe the ſkin a little upon the breaſt, and put as much of the force-meat as will go in without tearing it; if

any

any is left, put it into the body, and with it a ragoo of cray-fiſh made as follows: Waſh ſome cray-fiſh, and boil them in water, then pick out the tails and bodies; cut ſome muſhrooms, but not ſmall, ſome truffles in thin ſlices, ſome artichoke bottoms and aſparagus tops, boiled and cut in pieces; mix all theſe together with the cray-fiſh, put them into a ſaucepan, with a piece of butter, ſome nutmeg cut in ſlices, pepper, ſalt, three or four ſlices of lemon, a little onion cut ſmall; let theſe all ſimmer over a ſlow fire, and when enough, put in ſome cullis of cray-fiſh to thicken it. Put ſome of this ragoo into the body of the turkey, tie up both ends; ſkewer and ſpit it for roaſting; ſtrew ſome ſtuffing over it, then ſome ſlices of bacon, and over all ſome buttered paper; let it have a good fire, and be thoroughly done. When it is enough, take off the paper and bacon, and pour over it the reſt of the ragoo.

To haſh a TURKEY. Mix ſome flour with a piece of butter, ſtir it into ſome cream and a little veal gravy till it boils up; cut the turkey in pieces, and not too ſmall, but take off all the ſkin, put it into the ſauce, with grated lemon-peel, white pepper, and mace pounded, a little muſhroom powder or catchup; ſimmer it up. Oyſters may be added.

Another way. Cut the remains of a roaſted turkey properly; put them into a ſtewpan, with a glaſs of white wine, chopped parſley, ſhallots, muſhrooms, truffles (if any) ſalt and pepper, two ſpoonfuls of cullis, and a little broth; boil half an hour, and reduce to a ſhort ſauce. When ready, add a pounded anchovy, and a ſqueeze of lemon; ſkim the ſauce free from fat, and ſerve all together.

TUR-

TURTLE AND MOCK TURTLE.

To dreſs TURTLE *the Weſt India way.* Take the turtle out of the water the night before you dreſs it, and lay it on its back. In the morning cut its head off, and hang it up by its hind fins for it to bleed till the blood is all out; then cut the callipee, which is the belly, round, and raiſe it up; cut as much meat to it as you can; throw it into ſpring water with a little ſalt, cut the fins off, and ſcald them with the head; take off all the ſcales, cut all the white meat out, and throw it into ſpring water and ſalt; the guts and lungs muſt be cut out. Waſh the lungs very clean from the blood, then take the guts and maw and ſlit them open, waſh them very clean, and put them on to boil in a large pot of water, and boil them till they are tender. Then take off the inſide ſkin, and cut them in pieces of two or three inches long. Have ready a good veal broth made as follows: Take one large, or two ſmall knuckles of veal, and put them on in three gallons of water; let it boil, ſkim it well, ſeaſon with turnips, onions, rots, and celery, and a good large bundle of ſweet herbs; boil it till it is half waſted, then ſtrain it off. Take the fins, and put them in a ſtewpan, cover them with veal broth, ſeaſon with an onion chopped fine, all ſorts of ſweet herbs chopped very fine, half an ounce of cloves and mace, half a nutmeg beat very fine; ſtew it very gently till tender; then take the fins out, and put in a pint of Madeira wine, and ſtew it for fifteen minutes. Beat up the whites of ſix eggs with the juice

of

of two lemons, put the liquor in and boil it up, run it through a flannel bag, make it very hot, waſh the fins very clean, and put them in. Take a piece of butter and put at the bottom of a ſtewpan, put your white meat in, and ſweat it gently till it is almoſt tender. Take the lungs and heart, and cover them with veal broth, with an onion, herbs, and ſpice; as for the fins, ſtew them till tender; take out the lungs, ſtrain the liquor off, thicken it, and put in a bottle of Madeira wine, ſeaſon with kyan pepper and ſalt pretty high; put in the lungs and white meat, ſtew them up gently for fifteen minutes; have ſome force-meat-balls made out of the white part inſtead of veal, as for Scotch collops. If any eggs, ſcald them; if not, take twelve hard yolks of eggs, made into egg balls. Have your callipaſh, or deep ſhell, done round the edges with paſte, ſeaſon it in the inſide with kyan pepper and ſalt, and a little Madeira; bake it half an hour, then put in the lungs and white meat, force-meat, and eggs over, and bake it half an hour. Take the bones, and three quarts of veal broth, ſeaſoned with an onion, a bundle of ſweet herbs, two blades of mace; ſtew it an hour, ſtrain it through a ſieve, thicken it with butter and flour, put in half a pint of Madeira wine, ſtew it half an hour; ſeaſon with kyan pepper and ſalt to your liking. This is the ſoup. Take the callipee, run your knife between the meat and ſhell, and fill it full of of force-meat; ſeaſon it all over with ſweet herbs chopped fine, a ſhallot chopped, kyan pepper and ſalt, and a little Madeira wine; put a paſte round the edge, and bake it an hour and a half. Take the guts and maw, put them in a ſtewpan, with a little broth, a bundle of

ſweet herbs, two blades of mace beat fine; thicken with a little butter rolled in flour; ſtew them gently for half an hour, ſeaſon with kyan pepper and ſalt, beat up the yolks of two eggs in half a pint of cream, put it in, and keep ſtirring it up one way till it boils up, then diſh them up as follows:

Callipee.

Fricaſſee. Soup. Fins.

Callipaſh.

The fins eat fine when cold, put by in the liquor.

To dreſs a TURTLE *of about thirty pounds weight.* When you kill the turtle, which muſt be done the night before, cut off the head, and let it bleed two or three hours; then cut off the fins, and the callipee from the callipaſh; take care you do not burſt the gall; throw all the inwards into cold water, the guts and tripe keep by themſelves, and ſlip them open with a penknife, waſh them very clean in ſcalding water, and ſcrape off all the inward ſkin; as you do them, throw them into cold water, waſh them out of that and put them into freſh water, and let them lie all night, ſcalding the fins and edges of the callipaſh and callipee; cut the meat off the ſhoulders, and hack the bones, and ſet them over the fire with the fins in about a quart of water: put in a little mace, nutmeg, kyan, and ſalt; let it ſtew about three hours, then ſtrain it, and put the fins by for uſe. The next morning take ſome of the meat you cut off the ſhoulders, and chop it ſmall, as for ſauſages, with about a pound of beef or veal ſuet; ſeaſon with mace, nutmeg, ſweet marjoram, parſley, kyan, and ſalt to your taſte, and three or four glaſſes of Madeira wine, ſo ſtuff it under the two fleſhy parts of the meat; and

if you have any left, lay it over to prevent the meat from burning; then cut the remainder of the meat and fins in pieces the ſize of an egg; ſeaſon it pretty high with kyan, ſalt, and a little nutmeg, and put it into the callipaſh; take care that it be ſewed or ſecured up at the end, to keep in the gravy; then boil up the gravy, and add more wine, if required, and thicken it a little with butter and flour; put ſome of it to the turtle, and ſet it in the oven with a well-buttered paper over it to keep it from burning, and when it is about half baked, ſqueeze in the juice of one or two lemons, and ſtir it up. Callipaſh, or back, will take half an hour more baking than the callipee, which two hours will do. The guts muſt be cut in pieces two or three inches long, tripes in leſs, and put into a mug of clear water, and ſet in the oven with the callipaſh, and when it is enough drained from the water, it is to be mixed with the other parts, and ſent up very hot.

Another way. When the turtle is killed, cut the back from the belly, and waſh it clean from the blood in three or four waters, with ſome ſalt. Cut the fins from the back, ſcald and ſcrape them clean from the ſcales; put the meat in a ſaucepan, with a little ſalt, and rather more water than will cover it; let it ſtew, but ſkim it very clean all the time. If the turtle is large, put into it a bottle of white wine; if ſmall, a pint will do. The wine muſt not be put in till it has ſtewed an hour and a half, and the ſcum has done riſing. If the wine is put in before, it will make the turtle hard. Put into it, whilſt it is ſtewing, an onion or two ſhred fine, with a little thyme, parſley, black pepper, and ſalt; when it is ſtewed very tender, take

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take it out of the ſaucepan, and cut it into ſmall pieces; waſh the back ſhell very clean from the blood, then rub it with pepper, ſalt, thyme, parſley, and onions ſhred fine, and mixed together; put the meat into the ſhell, with a layer of ſeaſoning between every layer of meat till the ſhell is full; cover it with ſeaſoning. If it is a large turtle, two pounds of butter muſt be cut into bits, and laid between the ſeaſoning and the meat. The ſoup muſt be thickened with butter rolled in flour. A large turtle will take an hour and an half.

Another way. Mr. Verral ſays, he gives the following receipt from his own experience: Let its head be chopped off cloſe to the ſhell, ſet it on that part that all the blood may run away; have plenty of water in ſeveral pails or tubs; lay your fiſh upon the back or callipaſh, cut off the under ſhell, or callipee, in the firſt line or partition, from the edge of the callipaſh; take off that, and immediately put it into water. Next cut off the four fins in the ſhoulder and aich-bone joints, and put into water too, and with a cleaver chop out the bones from the ſhoulders and hinder parts, and put to the reſt. Take out your guts and tripe clean, and the other entrails, and lay your callipaſh in water while you prepare your callipee, which ſhould be done as follows: Cut off all ſuperfluous bits for your ſoup, and trim it neatly. Cut little holes in the thick fleſh, with the point of your knife; lay it in a diſh, and ſoak it well in Madeira wine, and ſeaſon with kyan pepper (but not too much) a little ſalt, plenty of ſhallot and parſley minced and ſtrewed upon it. Next take the callipaſh, and order in the ſame manner; firſt cutting

off the ſhell to the creaſe on the other ſide of the edge, and put a neat rim of paſte quite round, and adorn it well; pour a little cullis round, and ſqueeze the juice of ſome lemons or oranges; and they are ready for your oven. The common way is to put ſome of the fleſh into the callipaſh; but, in my opinon, it is beſt to put none. The next to be made ready is your fins and head; blanch them till you can take off the outer ſkin; trim them, and put them into a ſtewpan with the head; pour in ſome Madeira, a ladle of broth, a pinch of kyan, a ſmall bundle of onions, herbs, and ſhallots, and ſtew them tender with a little ſalt, and it is ready; the two biggeſt fins for one diſh, and the head and two ſmalleſt for another. Now cut the ſide ſhells in pieces, and blanch them ſo that you may take out the griſtles or jelly part whole. While this is doing, prepare the tripe or guts with a ſharp knife; ſlit them from end to end, and care muſt be taken that all is waſhed and ſcraped clean; cut them into pieces about two inches in length, and blanch them. When your broth is made of the fleſh, to the tripe in a ſtewpan put as much as will cover it; put in a branch of herbs, with an onion or two, a couple of whole ſhallots, ſome mace, and a little ſalt; ſtew all till pretty tender; take out the herbs, &c. and put butter and flour to thicken it; provide a liaſon as for a fricaſſee of chickens, and at your dinner-time toſs it up with the juice of lemon or orange, and it is ready. Next take the jellies of your ſide ſhells, and prepare for a diſh done in the ſame manner as the fins and heads; ſqueeze in ſome juice of orange or lemon, and it is ready.—— And now for the ſoup. Moſt of which that I have

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ſeen or taſted has been poor inſipid ſtuff; to ſay why it was, is ſaying leſs than nothing. The whole matter is, to ſhew how it may be made good; thus then cut all the fleſh from the bones into ſmall pieces, and to about a pound of meat put a quart of water, and to five or ſix quarts, a pint of Madeira. Take care that it is well ſkimmed. Tie up in a bit of linen three or four onions, ſome bits of carrot, a leek, ſome herbs and parſley, with two or three pinches of kyan, and let it boil with the meat, and ſalt according to your taſte. Let it ſimmer an hour, or a little more, and ſend it up in a tureen or ſoup-diſh, only the meat and the broth.

Theſe ſeven diſhes make a pretty firſt courſe; the callipaſh and callipee at top and bottom, ſoup in the middle, and the other four the corners.

To dreſs a MOCK TURTLE. Take the largeſt calf's head you can get, with the ſkin on, put it in ſcalding water till you find the hair will come off, clean it well, and waſh it in warm water, and boil it three quarters of an hour. Then take it out of the water, and ſlit it down the face, cut off all the meat along with the ſkin as clean from the bone as you can, and be careful you do not break the ears off. Lay it on a flat diſh, and ſtuff the ears with force-meat, and tie them round with cloths. Take the eyes out, and pick all the reſt of the meat clean from the bone, put it in a toſſing-pan, with the niceſt and fatteſt part of another calf's head, without the ſkin on, boiled as long as the above, and three quarts of veal gravy. Lay the ſkin in the pan on the meat, with the fleſh-ſide up, cover the pan cloſe, and let it ſtew over a moderate fire one hour; then put in three ſweetbreads, fried a little brown, one ounce of

morels, the ſame of truffles, five artichoke bottoms boiled, one anchovy boned and chopped ſmall, a tea-ſpoonful of kyan pepper, a little ſalt, half a lemon, three pints of Madeira wine, two meat ſpoonfuls of muſhroom catchup, one of lemon pickle, and half a pint of muſhrooms. Let them ſtew ſlowly half an hour longer, and thicken it with flour and butter. Have ready the yolks of four eggs boiled hard, and the brains of both heads boiled; cut the brains the ſize of nutmegs, and make a rich force-meat, and ſpread it on the caul of a leg of veal, roll it up, and boil it in a cloth one hour. When boiled, cut it in three parts, the middle largeſt; then take up the meat into the diſh, and lay the head over it with the ſkin ſide up, and put the largeſt piece of force-meat between the ears, and make the top of the ears to meet round it (this is called the crown of the turtle), lay the other ſlices of the force-meat oppoſite to each other at the narrow end, and lay a few of the truffles, morels, brains, muſh-rooms, eggs, and artichoke bottoms upon the face, and round it; ſtrain the gravy boiling hot upon it. Be as quick in diſhing it up as poſſible, for it ſoon grows cold.

Another way. Take a calf's head, and ſcald off the hair, as from a pig; then clean it, cut off the horny part in thin ſlices, with as little of the lean as poſſible; chop the brains; have ready between a quart and three pints of ſtrong mutton or veal gravy, with a quart of Madeira wine, a large tea-ſpoonful of kyan, a large onion cut very ſmall, half the peel of a large lemon ſhred as fine as poſſible, a little ſalt, the juice of four lemons, and ſome ſweet herbs cut ſmall. Stew all theſe to-

together till the head is very tender. Let them ſtew about an hour and a half; then have ready the back ſhell of a turtle, lined with a paſte made of flour and water, which muſt firſt be ſet in the oven to harden, then put in the ingredients, and ſet it in the oven to brown; when that is done, lay the yolks of eggs boiled hard, and force-meat balls round the top.

Some parboil the head the day before, take out the bones, and then cut it into ſlices.

Mock Turtle *from Calves Feet.* Provide two calves feet and one chicken; cut them into pieces of a proper ſize for a fricaſſee; make the ſeaſoning with three large onions, a large handful of parſley, and a few ſweet herbs; chop them all together, then ſeaſon the meat. Let the calves feet ſtew two hours and a half in three quarts of water; then put in the chicken; let it ſtew half an hour. Then take the juice of two lemons, a tea-cupful of Madeira wine, ſome kyan pepper; put that in laſt. Let it ſtew all together half an hour, and ſerve it up in a ſoup-diſh.

Force-meat balls of veal may be laid at top, and hard eggs.

V.

VEAL.

To marinade a Breaſt of Veal. Cut the breaſt of veal in pieces; ſtew it in broth till about three quarters done; then marinade about an hour with two ſpoonfuls of vinegar, a little of its own broth, whole pepper and ſalt, four cloves, two cloves of garlic, ſliced onions, and

and thyme; then drain it, and fry of a good colour. Garniſh with fried parſley. You may alſo do it with a batter, or baſte it with bread-crumbs and yolks of eggs, and fry it as above.

A Ragoo of a Breaſt of VEAL. Half roaſt the beſt end of it, flour it and ſtew it gently with three pints of good gravy, an onion, a few cloves, whole pepper, and a bit of lemon-peel; turn it while ſtewing; when very tender, ſtrain the ſauce; if not thick enough, mix a little more flour ſmooth; add catchup, kyan, truffles, morels, and pickled muſhrooms; boil it up, put in hard yolks of eggs.

Another way. Half roaſt a breaſt of veal, then bone it, and put it into a toſſing-pan, with a quart of veal gravy, one ounce of morels, the ſame of truffles; ſtew it till tender, and juſt before you thicken the gravy, put in a few oyſters, pickled muſhrooms and pickled cucumbers, cut in ſmall ſquare pieces, the yolks of four eggs boiled hard; cut your ſweetbread in ſlices, and fry it a light brown; diſh up your veal, and pour the gravy hot over it; lay your ſweetbread round, morels, truffles, and eggs upon it. Garniſh with pickled barberries. This is proper for either top or ſide for dinner, or bottom for ſupper.

Put your veal into a large ſtewpan, with a bundle of ſweet herbs, an onion, ſome black and white pepper, a blade or two of mace, two or three cloves, a very little piece of lemon-peel, and juſt cover it with water. When it is tender, take it up, bone it, put in the bones, boil it up till the gravy is very good, then ſtrain it off, and if you have a little rich beef gravy, add a quarter of a pint; put in half an ounce of truffles and morels,

morels, a ſpoonful or two of catchup, two or three ſpoonfuls of white wine, and let them all boil together: in the mean time flour the veal, and fry it in butter till it is of a fine brown, then drain out all the butter, and pour the gravy you are boiling to the veal with a few muſhrooms. Boil all together till the ſauce is rich and thick, and cut the ſweetbread into four. A few force-meat balls are proper in it. Lay the veal in a diſh, and pour the ſauce all over it. Garniſh with lemons.

Or thus: Half roaſt a breaſt of veal, then cut it in ſquare pieces; put it into a ſtewpan, with half a pint of gravy, a pint of water, a bundle of ſweet herbs, an onion ſtuck with cloves, a little mace, and ſtew it till it is tender; then take it out, and pull out all the bones, ſtrain the gravy through a ſieve, then put it into the ſtewpan again, with a ſpoonful of muſtard, ſome truffles and morels, a ſweetbread cut in pieces, an artichoke bottom, about twenty force-meat balls, ſome butter rolled in flour, enough to thicken it. Boi it up till it is of a proper thickneſs; ſeaſon it with pepper and ſalt, then put in your veal, ſtew it for five minutes; add the juice of half a lemon, then pour your meat into the diſh, the ragoo all over it. Garniſh with lemon and beet-root.

To ſtew a Breaſt of VEAL *in its own ſauce.* Put a breaſt of veal into a ſtewpan of its own length, with a little broth, a glaſs of white wine, a faggot of ſweet herbs, a few muſhrooms, a little coriander tied in a bag, ſliced roots, onions, pepper, and ſalt; ſtew it ſlowly till very tender. When ready to ſerve, ſtrain and ſkim the ſauce, and ſerve it upon the meat.

Breaſt of VEAL *ſtewed white.* Cut a piece off each end; make a force-meat as follows: Boil the ſweet-bread, and cut it very ſmall, ſome grated bread, a little beef ſuet, two eggs, a little cream, ſome nutmeg, ſalt and pepper; mix it well together, and ſtuff the thin part of the breaſt with ſome of it, the reſt make up into little balls; ſkewer the ſkin cloſe down, flour and boil it in a cloth in milk and water; make ſome gravy of the ends that were cut off, with half a pint of oyſters, the juice of a lemon, and a piece of butter rolled in flour; when the veal is enough, put it in the diſh. Garniſh with the balls ſtewed, and pour the ſauce over it.

Breaſt of VEAL *ſtewed with Peas or Aſparagus.* Cut it into pieces about three inches in ſize, fry it nicely; mix a little flour with ſome beef broth, an onion, two or three cloves; ſtew this ſome time, ſtrain it, add three pints or two quarts of peas, or ſome heads of aſparagus cut like peas; put in the meat, let it ſtew gently; add pepper and ſalt.

Breaſt of VEAL, *Italian faſhion.* Scald it, then ſtew it over a ſlow fire, with broth and a little white wine, a ſpoonful of oil, two ſlices of peeled lemon, whole pepper and ſalt, a faggot of ſweet herbs, two onions ſtuck with four cloves, one clove of garlic, and a little baſil. When done, wipe the fat clean off, take the ſkin off the griſtle, or leave it on, juſt as you pleaſe. Serve it with an Italian ſauce.

Breaſt of VEAL *in Hodge-podge.* Cut the briſket into little pieces, and every bone aſunder, then flour it, and put half a pound of good butter into a ſtewpan; when it is hot, throw in the veal, fry it all over of a fine light brown,

brown, and then have ready a tea-kettle of water boiling; pour it in the ſtewpan, fill it up, and ſtir it round; throw in a pint of green peas, a fine lettuce whole, clean waſhed, two or three blades of mace, a little whole pepper tied in a muſlin rag, a little bundle of ſweet herbs, a ſmall onion ſtuck with a few cloves, and a little ſalt. Cover it cloſe, and let it ſtew one hour, or till it is boiled to your palate, if you would have ſoup made of it;—if you would only have ſauce to eat with the veal, you muſt ſtew it till there is juſt as much as you would have for ſauce, and ſeaſon it with ſalt to your palate; take out the onion, ſweet herbs, and ſpice, and pour it all together into your diſh. It is a fine diſh. If you have no peas, pare three or four cucumbers, ſcoop out the pulp, and cut it into little pieces, and take four or five heads of celery, clean waſhed, and cut the white part ſmall; when you have no lettuces, take the little hearts of ſavoys, or the little young ſprouts that grow on the old cabbage ſtalks, about as big as the top of your thumb.

N. B. If you would make a very fine diſh of it, fill the inſide of your lettuce with force-meat, and tie the top cloſe with a thread; ſtew it till there is but juſt enough for ſauce; ſet the lettuce in the middle, and the veal round, and pour the ſauce over it. Garniſh your diſh with raſped bread, made into figures with your fingers. This is the cheapeſt way of dreſſing a breaſt of veal to be good, and ſerve a number of people.

To collar a Breaſt of VEAL. Take a fine breaſt of veal, bone it, and rub it over with the yolks of two eggs, and ſtrew over it ſome crumbs of bread, a little

grated lemon, a little pepper and ſalt, a handful of chopped parſley, roll it up tight, and bind it hard with twine; wrap it in a cloth, and boil it one hour and a half; then take it up to cool: when a little cold, take off the cloth, and clip off the twine carefully, leſt you open the veal; cut it in five ſlices, lay them on a diſh with the ſweetbread boiled and cut in thin ſlices, and laid round them, with ten or twelve force-meat balls; pour over your white ſauce, and garniſh with barberries or green pickles.

The white ſauce muſt be made thus: Take a pint of good veal gravy, put to it a ſpoonful of lemon pickle, half an anchovy, a tea-ſpoonful of muſhroom powder, or a few pickled muſhrooms; give it a gentle boil, then put in half a pint of cream, the yolks of two eggs beat fine; ſhake it over the fire after the eggs and cream are in, but do not let it boil, it will curdle the cream. It is proper for a top diſh at night, or a ſide diſh for dinner.

The Griſtles of a Breaſt of VEAL *with a white Sauce.* About the half of a breaſt of veal will do for this ſmall diſh; take off all the upper part, and cut the griſtles in ſmall bits, blanch them, and put into a ſtew-pan to a ladle of broth; ſtew it very tender, and put a bit of butter mixed with flour, a bunch of onions and parſley, a blade of mace, pepper and ſalt. For your ſauce, you may prepare either peas, or aſparagus; make a liaſon; and juſt before you ſerve, pour it in; add the juice of a lemon, and diſh it up.

Breaſts of lamb are done in the ſame manner, and make an elegant diſh.

To ragoo a Neck of VEAL. Cut a neck of veal into ſteaks, flatten them with a rolling-pin, ſeaſon them with ſalt, pepper, cloves, and mace; lard them with bacon, lemon-peel, and thyme; dip them in the yolks of eggs, make a ſheet of ſtrong cap-paper up at the four corners, in the form of a dripping-pan; pin up the corners, butter the paper and alſo the gridiron, and ſet it over a fire of charcoal; put in your meat; let it do leiſurely, keep it baſting and turning to keep in the gravy; and when it is enough, have ready half a pint of ſtrong gravy; ſeaſon it high, put in muſhrooms and pickles, force-meat balls dipped in the yolks of eggs, oyſters ſtewed and fried to lay round and at the top of your diſh, and then ſerve it up. If for a brown ragoo, put in red wine; if for a white one, put in white wine, with the yolks of eggs beat up with two or three ſpoonfuls of cream.

Neck of VEAL *and ſharp Sauce.* Make a marinade with butter and a little flour, ſliced onions, roots, and a little coriander-ſeed, one clove of garlic, three ſpice cloves, thyme, laurel, baſil, pepper, and ſalt; warm it, and put in it a larded neck of veal; let it lie in the marinade about two hours, then wrap it in buttered paper, and roaſt it, and ſerve with a poivrade or ſharp ſauce.

Neck of VEAL *ſtewed with Celery.* Take the beſt end of a neck, put it into a ſtewpan with ſome beef broth, or boiling water, ſome ſalt, whole pepper, and cloves, tied in a bit of muſlin, an onion, a piece of lemon-peel; ſtew this till tender; take out the ſpice and peel; put in a little cream and flour mixed, ſome celery ready boiled and cut into lengths; boil it up.

Neck

Neck of VEAL *à-la-braiſe.* Lard the beſt end with bacon rolled in parſley chopped, pepper, ſalt, and nutmeg; put it into a ſtewpan, and cover it with water; put in the ſcrag-end, with a little lean bacon or a bit of ham, an onion, two carrots, ſome ſhallots, a head or two of celery, and a little Madeira; let theſe ſtew gently for two hours, or till tender; ſtrain the liquor, mix a little butter with ſome flour, ſtir it in a ſtewpan till it is brown; lay in the veal, the upward ſide to the bottom of the pan, let it do a few minutes till it is coloured; lay it in the diſh, ſtir in ſome more liquor, boil it up, and ſqueeze in orange or lemon juice.

Bombarded VEAL. Cut out of a fillet of veal five lean pieces, as thick as your hand, round them up a little, then lard them very thick on the round ſide with little narrow thin pieces of bacon, and lard five ſheeps' tongues (being firſt boiled and blanched) very neatly, here and there with very little bits of lemon-peel, and make a well-ſeaſoned force-meat of veal, bacon, ham, beef ſuet, and an anchovy beat well; make another tender force-meat of veal, beef ſuet, muſhrooms, ſpinach, parſley, thyme, ſweet marjoram, winter ſavory, and green onions. Seaſon with pepper, ſalt, and mace, beat it well, make a round ball of the other force-meat, and ſtuff in the middle of this, roll it up in a veal caul, and bake it; what is left, tie up like a Bologna ſauſage, and boil it, but firſt rub the caul with the yolk of an egg; put the larded veal into a ſtewpan with ſome good gravy, and ſtew it gently till it is enough; ſkim off the fat, put in ſome truffles and morels, and ſome muſhrooms. Your force-meat being baked enough,

enough, lay it in the middle, the veal round it, and the tongues fried, and laid between; the boiled, cut into ſlices, and fried, and throw all over. Put on them the ſauce. You may add artichoke bottoms, ſweetbreads, and cock's-combs, if you pleaſe. Garniſh with lemon.

VEAL *Olives.* Make a good force-meat, cut large thin ſlices of fillet of veal, baſte them with eggs, roll force-meat in them to what bigneſs you pleaſe, and bind them with yolks of eggs. If for ſtewing, tie each with packthread; ſtew ſlowly with white wine and cullis, a faggot of ſweet herbs, a few cloves and ſhallots; when done, ſkim and ſift the ſauce to ſerve upon them. If you muſt roaſt or bake them, cut ſlices of bacon of the ſame ſize with the veal; upon each ſlice of bacon put a ſlice of veal, with force-meat, and baſte with eggs and bread-crumbs; when ready, ſerve with what ſauce you think proper. Olives may be made of what ſorts of meat you pleaſe, after the ſame manner, ſerving with different ſauces.

Another way. Take a fillet of veal, and having cut off large collops, hack them well with the back of a knife; ſpread very thinly force-meat over each of them, and roll them up and roaſt them, or bake them in an oven. Make a ragoo of oyſters and ſweetbreads cut in ſquare bits, a few muſhrooms and morels, and lay them in the diſh with the rolls of veal. If you have oyſters enough, chop and mix ſome of them with the force-meats, as it will add much to its goodneſs. Put nice brown gravy into the diſh, and ſend them up hot, with force-meat balls round them.

VEAL *Olives à-la-mode.* Take two pounds of veal, ſome marrow, two anchovies, the yolks of two hard eggs, a few muſhrooms, and ſome oyſters, a little thyme, marjoram, parſley, ſpinach, lemon-peel, ſalt, pepper, nutmeg, and mace finely beaten; take your veal caul, lay a layer of bacon and a layer of the ingredients, roll it in the veal caul, and either roaſt it or bake it. An hour will do either. When enough cut it into ſlices, lay it into your diſh, and pour good gravy over it. Garniſh with lemon.

Fillet of VEAL *ſtewed.* Stuff it, half bake it with a little water in the diſh, then ſtew it with the liquor and ſome good gravy, and a little Madeira: when enough, thicken it with flour; add catchup, kyan, a little ſalt, juice of orange or lemon; boil it up.

To ragoo a Fillet of VEAL. Lard your fillet and half roaſt it, then put it in a toſſing-pan, with two quarts of good gravy; cover it cloſe, and let it ſtew till tender, then add one ſpoonful of white wine, one of browning, one of catchup, a tea-ſpoonful of lemon-pickle, a little caper liquor, half an ounce of morels; thicken with flour and butter, and lay round it a few yolks of eggs.

Leg of VEAL *with white Sauce.* Lard a leg of veal with large pieces of bacon, let it ſoak twelve hours in marinade made after this manner: A piece of butter and flour, a quart of milk, two lemons peeled and ſliced, ſix ſhallots, two cloves of garlic, ſix onions ſliced, eight cloves, three laurel-leaves, thyme and parſley, whole pepper and ſalt. Warm the marinade, and put it into a pot much about the bigneſs of the veal; wipe it dry before ſpitting, and cover it with ſlices of lard and two ſheets of paper, or with buttered paper alone; and ſerve with poivrade, or a cream ſauce made

of

of a piece of butter and flour, a chopped anchovy, chopped parſley and ſhallots, grated nutmeg, pepper, and ſalt, and as much cream as neceſſary. When ready to ſerve, add the juice of a lemon. It may alſo be done without larding.

Leg of VEAL *daubed à-la-mode.* It is larded and brazed with all ſorts of roots and ſpices; reduce the ſauce to a jelly, and ſerve it, with it, either hot or cold.

A Leg of VEAL *in Diſguiſe.* Lard the top ſide of a leg of veal in rows with bacon, and ſtuff it well with force-meat made of oyſters; then put it into a large ſaucepan, with as much water as will cover it, put on a cloſe lid to keep in the ſteam; ſtew it gently till quite tender, then take it up and boil down the gravy in the pan to a quart; ſkim off the fat, and add half a lemon, a ſpoonful of muſhroom catchup, a little lemon-pickle, the crumbs of half a penny-loaf grated exceeding fine, boil it in your gravy till it looks thick, then add half a pint of oyſters; if not thick enough, roll a lump of butter in flour, and put it in, with half a pint of good cream, and the yolks of three eggs; ſhake your ſauce over the fire, but do not let it boil after the eggs are in, leſt it curdle; put your veal in a deep diſh, and pour the ſace over it. Garniſh with criſped parſley and fried oyſters. It is an excellent diſh for the the top of a large table.

To ſtew a Knuckle of VEAL. Be ſure you let the pot or ſaucepan be very clean, lay at the bottom four clean wooden ſkewers, waſh and clean the knuckle very well, then lay it in the pot with two or three blades of mace, a little white pepper, a little piece of thyme,

ſmall onion, a cruſt of bread, and two quarts of water. Cover it down cloſe, make it boil, then only let it ſimmer for two hours, and when it is enough, take it up, lay it in a diſh, and ſtrain the broth over it.

Shoulder of VEAL *à-la-Piedmontoiſe.* Cut the ſkin off a ſhoulder of veal, ſo that it may hang at one end; then lard the meat with bacon and ham, and ſeaſon it with pepper, ſalt, mace, ſweet herbs, parſley, and lemon-peel. Cover it again with the ſkin, ſtew it with gravy, and when it is juſt tender enough, take it up; then take ſome ſorrel, ſome lettuce chopped ſmall, and ſtew them in ſome butter, with parſley, onions, and muſhrooms. The herbs being tender, put to them ſome of the liquor, ſome ſweetbreads, and ſome bits of ham. Let all ſtew together a little while, then lift up the ſkin, lay the ſtewed herbs over and under, cover it again with the ſkin, wet it with melted butter, ſtrew it over with crumbs of bread, and ſend it to the oven to brown. Serve it up hot, with ſome good gravy in the diſh. The French, before it goes to the oven, ſtrew it over with Parmeſan cheeſe.

A ſhoulder of veal may be dreſſed in every reſpect and faſhion as the leg.

A Harrico of VEAL. Take a neck or breaſt of veal (if the neck, cut the bones ſhort) and half roaſt it; then put it into a ſtewpan juſt covered with brown gravy, and when it is near done, have ready a pint of boiled peas, ſix cucumbers pared, and two cabbage-lettuces cut in quarters, ſtewed in brown gravy, with a few force-meat balls ready fried; put them to the veal, and let them juſt ſimmer. When the veal is in the diſh,

pour

pour the ſauce and the peas over it, and lay the lettuce and balls round it.

Loin of VEAL *in Epigram.* Having roaſted a fine loin of veal, take it up, and carefully take the ſkin off the back part of it without breaking; cut out all the lean meat, but mind and leave the end whole, to hold the following mince-meats: mince all the meat very fine with the kidney part, put it into a little veal gravy, enough to moiſten it, with the gravy that comes from the loin; put in a little pepper and ſalt, ſome lemon-peel ſhred fine, the yolks of three eggs, a ſpoonful of catchup, and thicken it with a little butter rolled in flour; give it a ſhake or two over the fire, and put it into the loin, and then pull the ſkin over. If the ſkin ſhould not quite cover it, give it a brown with a hot iron, or put it into an oven for a quarter of an hour. Send it up hot, and garniſh with barberries and lemon.

VEAL *Sweetbreads.* Sweetbreads are very uſeful in many diſhes, as in pies, ragoos, fricaſſees, &c. and to uſe alone, either fried, roaſted, broiled, or otherwiſe. They muſt be ſoaked in warm water an hour or two, then ſcalded about an hour or two in warm water, which is commonly called *ſetting* or *blanching*, which will make them keep longer, and are ready for any uſe you pleaſe to put them to.

To roaſt Sweetbreads with Aſparagus. Two good ſweetbreads are enough for this ſmall diſh; blanch them, and lay them in a marinade; ſpit them tight upon a lark-ſpit, and tie them to another, with a ſlice of bacon upon each, and covered with pepper; when almoſt done, take that off, and pour a drop of butter

upon them, with a few crumbs of bread, and roaſt them of a nice colour; take two bunches of aſparagus, and boil, not ſo much as to boil to eat them with butter; diſh up your ſweetbreads and your graſs between them; take a little cullis and gravy, with a bit of ſhallot and minced parſley; boil it a few minutes, ſqueeze in the juice of a lemon or orange, and ſerve it up.

Forced Sweetbreads. Put three ſweetbreads in boiling water five minutes, beat the yolk of an egg a little, and rub it over them with a feather; ſtrew on bread-crumbs, lemon-peel, and parſley ſhred very fine, nutmeg, ſalt, and pepper to your palate; ſet them before the fire to brown, and add to them a little veal gravy; put a litttle muſhroom powder, caper liquor, or juice of lemon, and browning; thicken it with flour and butter, boil it a little, and pour it into your diſh; lay it in your ſweetbreads, and lay over them lemon-peel in rings, cut like ſtraws. Garniſh with pickles.

Sweetbreads as Hedge-hogs. Scald the ſweetbreads, and lard them with ham and truffles, cut in ſmall pieces; fry a ſhort time in butter; let the pieces ſtick out a little to make the appearance of briſtles; ſimmer them in the ſame butter, with broth and a little white wine, very little ſalt and pepper; when done, ſkim and ſtrain the ſauce; add a little cullis, and ſerve upon them. You may alſo uſe any other ſauce, as ſweetbreads are of an inſipid taſte of themſelves, obſerve, as a general rule, to ſerve a ſharp reliſhing ſauce with them, either cullis-ſauce, fricaſſee, or ſweet herbs.

To ragoo Sweetbreads. Rub them over with the yolk of an egg, ſtrew over them bread-crumbs and parſley, thyme, and ſweet marjoram, ſhred ſmall, and pepper and ſalt: make a roll of force-meat like a ſweetbread,

and

and put it in a veal caul, and roaſt them in a Dutch oven; take ſome brown gravy, and put to it a little lemon-pickle, muſhroom catchup, and the end of a lemon; boil the gravy, and when the ſweetbreads are enough, lay them in a diſh, with a force-meat in the middle; take the end of the lemon out, and pour the gravy into the diſh, and ſerve them up.

Another way. Parboil them, rub them with the yolk of an egg, ſtrew on bread-crumbs, lemon-peel, nutmeg, pepper, and ſalt; roaſt them in a Dutch oven; thicken ſome good gravy with a little flour; add catchup, kyan, and a little juice of lemon: boil this up, pour it to the ſweetbreads. Artichoke bottoms may be added, cut in quarters. Cut lemon or orange-peel like ſtraws, for garniſh.

Sweetbreads à-la-Dauphine. Take the largeſt ſweetbreads you can get, and lard them; open them in ſuch a manner that you can ſtuff in force-meat; three will make a fine diſh. Make your force-meat with a large fowl, or young cock; ſkin it, and pluck off all the fleſh; take half a pound of fat and lean bacon, cut theſe very fine, and beat them in a mortar; ſeaſon it with an anchovy, ſome nutmeg, a little lemon-peel, a very little thyme, and ſome parſley; mix theſe up with the yolks of two eggs, fill your ſweetbreads, and faſten them with fine wooden ſkewers; take the ſtewpan, lay layers of bacon at the bottom of the pan, ſeaſon them with pepper, ſalt, mace, cloves, ſweet herbs, and a large onion ſliced; upon that lay thin ſlices of veal, and then lay on your ſweetbreads; cover it cloſe, let it ſtand eight or ten minutes over a ſlow fire, and then pour in a quart of boiling water or broth; cover it cloſe, and

let it ſtew two hours very ſoftly; then take out the ſweetbreads, keep them hot, ſtrain the gravy, ſkim all the fat off, boil it up till there is about half a pint, put in the ſweetbreads, and give them two or three minutes ſtew in the gravy; then lay them in the diſh, and pour the gravy over them. Garniſh with lemon.

Sweetbreads larded. Parboil two or three ſweetbreads; when cold, lard them down the middle with little bits of bacon, on each ſide with bits of lemon-peel, on each ſide of that with a little pickled cucumber cut very ſmall; ſtew them gently in cullis, or rich gravy, thickened with a little flour; add muſhroom powder, kyan, and ſalt, if neceſſary, and a little lemon-juice. Lamb ſtones may be added, parboiled and fried.

Sweetbreads à-la-daube. Take three of the largeſt and fineſt ſweetbreads you can get, put them in a ſaucepan of boiling water for five minutes, then take them out, and when they are cold, lard them with a row down the middle, with very little pieces of bacon, then a row on each ſide with lemon-peel, cut the ſize of wheat ſtraw; then a row on each ſide of pickled cucumbers, cut very fine; put them in a toſſing-pan, with good veal gravy, a little juice of lemon, a ſpoonful of browning; ſtew them gently a quarter of an hour; a little before they are ready, thicken them with flour and butter, diſh them up, and pour the gravy over, lay round them bunches of boiled celery, or oyſter patties. Garniſh with ſtewed ſpinach, green-coloured parſley, ſtick a bunch of barberries in the middle of each ſweetbread. It is a pretty corner diſh for either dinner or ſupper.

To

To fry Sweetbreads. Cut them in long ſlices, beat up the yolk of an egg, and rub it over them with a feather; make a ſeaſoning of pepper, ſalt, and grated bread; dip them into it, and fry them in butter. For ſauce——catchup and butter, with gravy, or lemon-ſauce. Garniſh with ſmall ſlices of toaſted bacon and criſped parſley.

Sweetbreads en Gordineere. Parboil three ſweetbreads; take a ſtewpan and lay layers of bacon, or ham and veal; over that lay the ſweetbreads, with the upper ſide downwards. Put a layer of veal and bacon over them, a pint of veal broth, and three or four blades of mace. Stew them gently three quarters of an hour, then take out the ſweetbreads, ſtrain the gravy through a ſieve, and ſkim off the fat. Make an amulet of yolks of eggs, in the following manner: Beat up four yolks of eggs, put two on a plate, and put them over a ſtewpan of water boiling over the fire; put another plate over it, and it will ſoon be done. Put a little ſpinach-juice into the other half, and ſerve it the ſame. Cut it out in ſprigs of what form you pleaſe, and put it over the ſweetbreads in the diſh, and keep them as hot as you can. Put ſome butter rolled in flour to thicken the gravy, and two yolks of eggs beat up in a gill of cream; put it over the fire, and keep ſtirring it one way till it is thick and ſmooth. Put it under the ſweetbreads, and ſend it up. Garniſh with beet-root and lemon.

VEAL *à-la-Bourgeoiſe.* Lard ſome pretty thick ſlices with bacon, and ſeaſon them with pepper, ſalt, beaten mace, cloves, nutmeg, and chopped parſley; then cover the ſtewpan with ſlices of fat bacon, lay the veal upon

upon them, cover it, and ſet it over a very ſlow fire for eight or ten minutes, ſo as to be juſt hot, and no more; then briſk up your fire, and brown your veal on both ſides; then ſhake ſome flour over it and brown it. Pour in a quart of good broth or gravy, cover it cloſe, and let it ſtew gently till it is enough; then take out the ſlices of bacon, and ſkim all the fat off clean, and beat up the yolks of three eggs with ſome of the gravy. Mix all together, and keep it ſtirring one way till it is ſmooth and thick; then take it up, lay your meat in the diſh, pour the ſauce over it, and garniſh with lemon.

VEAL *Griſtles and Green Peas.* Cut the griſtles of a breaſt of veal in pieces: ſcald them, if you would have them white; ſtew them in broth with a few ſlices of lard, half a lemon, peeled and ſliced, whole pepper and ſalt, and a faggot of ſweet herbs; when done, wipe them clean, and ſerve the ſtewed peas upon them. You may alſo, when the meat is about a quarter done, take it out of the braze, and put it in a ſtewpan with the peas, a little butter, parſley, a little winter-ſavory, a ſlice of ham, and a few cabbage lettuces cut ſmall; add a little cullis and flour; reduce the ſauce pretty thick; ſalt only a little before you ſerve.

VEAL *Griſtles another way.* About the half of a breaſt of veal will do for this ſmall diſh; take off all the upper part, and cut the griſtles in ſmall bits; blanch them, put them into a ſtewpan to a ladle of broth; ſtew very tender, and put a bit of butter mixed with flour, a bunch of onions and parſley, a blade of mace, pepper and ſalt. For your ſauce, you may prepare either peas or aſparagus; make a liaſon, and juſt before you

ſerve

ſerve, pour it in; add the juice of a lemon, and diſh it up.

Breaſts of lamb are done in the ſame manner, and make a favourite diſh.

To dreſs Scotch Collops white. Cut them off the thick part of a leg of veal, the ſize and thickneſs of a crown piece, put a lump of butter into a toſſing-pan, and ſet it over a ſlow fire, or it will diſcolour your collops; before the pan is hot, lay the collops in, and keep turning them over till you ſee the butter is turned to a thick white gravy; put your collops and gravy in a pot, and ſet them upon the hearth to keep warm; put cold butter again into your pan every time you fill it, and fry them as above, and ſo continue till you have finiſhed. When you have fried them, pour your gravy from them into your pan, with a tea-ſpoonful of lemon-pickle, muſhroom-catchup, caper liquor, beaten mace, kyan peper, and ſalt; thicken with flour and butter. When it has well boiled, put in the yolks of two eggs well beat and mixed, with a tea-ſpoonful of rich cream; keep ſhaking your pan over the fire till your gravy looks of a fine thickneſs, then put in your collops, and ſhake them; when they are quite hot, put them on your diſh with force-meat balls, ſtrew over them pickled muſhrooms. Garniſh with barberries and kidney beans.

Another way. Cut the veal the ſame as above directed; throw the collops into a ſtewpan, put ſome boiling water over them, and ſtir them about, then ſtrain them off, take a pint of good veal broth, and thicken it; add a bundle of ſweet herbs with ſome mace; put ſweetbread, force-meat balls, and freſh

muſhrooms; if no freſh to be had, uſe pickled ones waſhed in warm water; ſtew them about fifteen minutes; add the yolk of two eggs and a pint of cream, beat them well together with ſome nutmeg grated, and keep ſtirring it till it boils up; add the juice of a quarter of a lemon, then put it in your diſh. Garniſh with lemon.

To dreſs Scotch Collops brown. Cut your collops the ſame way as the white ones, but brown your butter before you lay in your collops; fry them over a quick fire, ſhake and turn them, and keep them in a fine froth; when they are a light brown, put them into a pot, and fry them as the white ones; when you have fried them all brown, pour all the gravy from them into a clean toſſing-pan with half a pint of gravy made of the bones and bits you cut the collops off, two teaſpoonfuls of lemon-pickle, a large one of catchup, the ſame of browning, half an ounce of morels, half a lemon, a little anchovy, kyan, and ſalt to your taſte; thicken it with flour and butter, let it boil five or ſix minutes, then put in your collops, and ſhake them over the fire; if they boil it will make them hard. When they have ſimmered a little, take them out with an egg ſpoon, and lay them on your diſh; ſtrain your gravy and pour it hot on them, lay over them force-meat balls, and little ſlices of bacon curled round a ſkewer and boiled; throw a few muſhrooms over. Garniſh with lemon and barberries, and ſerve them up.

Another way. Cut them from the leg, fry them a good brown, but not too much; take ſome good gravy, thicken it with a little flour, boil it a few minutes; add kyan, catchup, truffles, morels, ſalt, muſh-

rooms

rooms pickled, grated lemon-peel, ſimmer this up; juſt heat the collops through, and what gravy came from them, but do not let them boil, or they will be hard, which is a great fault; add force-meat balls, hard yolks of eggs; lay round little ſlices of bacon notched and toaſted, and ſliced lemon.

To dreſs Scotch Collops the French way. Take a leg of veal, and cut your chops pretty thick, five or ſix inches long, and three inches broad; rub them over with the yolk of an egg, put pepper and ſalt, and grate a little nutmeg on them, and a little ſhred parſley; lay them on an earthen diſh, and ſet them before the fire; baſte them with butter, and let them be a fine brown, then turn them on the other ſide, and rub them as above; baſte and brown them the ſame way. When they are thoroughly enough, make a good brown gravy with truffles and morels; diſh up your collops, lay truffles and morels, and the yolks of hard boiled eggs over them. Garniſh with criſp parſley and lemon.

To haſh VEAL. Cut your veal into round thin ſlices, of the ſize of half a crown, and put them into a ſauce-pan with a little gravy; put to it ſome lemon-peel cut exceeding fine, and a tea-ſpoonful of lemon-pickle; put it on the fire, and thicken it with butter and flour; put in your veal as ſoon as it boils, and juſt before you diſh it up, put in a ſpoonful of cream, and lay ſippets round the diſh.

To toſs up cold VEAL *white.* Cut the veal into little thin bits, put milk enough to it for ſauce, grate in a little nutmeg, a very little ſalt, a little piece of butter rolled in flour; to half a pint of milk, the yolk of two eggs well beat, a ſpoonful of muſhroom pickle, ſtir all

together till it is thick, then pour it into your diſh, and garniſh with lemon.

Cold fowl, ſkinned and done this way, eats well; or the beſt end of a cold breaſt of veal; firſt fry it, drain it from the fat, then pour this ſauce to it.

To fry cold VEAL. Cut your veal into pieces of the thickneſs of a half-crown, and as long as you pleaſe; dip them in the yolk of an egg, and then in crumbs of bread, with a few ſweet herbs and ſhred lemon-peel in it; grate a little nutmeg over them, and fry them in freſh butter; the butter muſt be hot, juſt enough to fry them in. In the mean time, make a little gravy of the bone of the veal, and when the meat is fried, take it out with a fork, and lay it in a diſh before the fire; then ſhake a little gravy into the pan, and ſtir it round; then put in a little gravy, ſqueeze in a little lemon, and pour it over the veal. Garniſh with lemon.

To mince VEAL. Cut your veal in ſlices, then cut it in little ſquare bits, but do not chop it; put it into a ſaucepan, with two or three ſpoonfuls of gravy, a ſlice of lemon, a little pepper and ſalt, a good lump of butter rolled in flour, a tea-ſpoonful of lemon-pickle, and a large ſpoonful of cream; keep ſhaking it over the fire till it boils, but do not let it boil above a minute; if you do, it will make your meat eat hard: put ſippets round your diſh.

VEAL *Steaks Venetian faſhion.* Cut thick ſlices of veal pretty large; marinade an hour in a little oil, with chopped parſley, ſhallots, muſhrooms, ſweet herbs, pepper and ſalt; make as much of the marinade ſtick to them as poſſible; roll them in bread-crumbs and

boil

boil ſlowly, baſting with the remainder of the marinade. Serve with the ſqueeze of a lemon or Seville orange.

Slices of VEAL *Venetian faſhion.* Cut thin ſlices of veal, and between every two put a ſlice of ham of the ſame ſize, firſt dipped in eggs, chopped parſley, ſhallots, muſhrooms, truffles, and a little pepper; roll them in ſlices of lard, and ſtew ſlowly with a little broth and white wine; when done, take off the bacon, ſkim and ſtrain the ſauce, add a little butter and flour, and ſerve with a reliſhing ſauce. Inſtead of bacon, you may baſte them with eggs and bread-crumbs, and fry or bake them. Serve with a ſauce as above, and garniſh with fried parſley.

VEAL *Cutlets.* Cut part of the neck into cutlets; ſhorten them, fry them nicely brown, ſtew them in ſome good gravy till tender, with a little flour mixed ſmooth in it; then add catchup, kyan, ſalt, a few truffles, morels, and pickled muſhrooms. Force-meat balls may likewiſe be added.

VEAL *Cutlets in Ragoo.* Take ſome large cutlets from the fillet, beat them flat, and lard them; ſtrew over them ſome pepper, ſalt, crumbs of bread, and ſhred parſley; then make a ragoo of veal ſweetbreads and muſhrooms; fry the cutlets in melted butter of a fine brown; then lay them in a hot diſh, and pour the ragoo boiling hot over them.

A ſavoury Diſh of VEAL. Having roaſted a fine loin of veal, take it up, and carefully take the ſkin off the back part without breaking it; cut out all the lean meat, but leave the ends whole, to hold the following mince-meat: mix all the meat very fine with the kidney part, put it into a little veal gravy, enough to moiſten

it with the gravy that comes from the loin. Put in a little pepper and ſalt, ſome lemon-peel ſhred fine, the yolks of three eggs, and a ſpoonful of catchup; thicken it with a little butter rolled in flour; give it a ſhake or two over the fire, and put into it the loin, and then pull the ſkin over: if the ſkin ſhould not quite cover it, give it a brown with a hot iron, or put it in an oven for fifteen minutes. Send it up hot, and garniſh with barberries and lemon.

Another way. Cut large collops out of a leg of veal, ſpread them abroad on a dreſſer, hack them with the back of a knife, and dip them in the yolks of eggs; ſeaſon them with cloves, mace, nutmeg, and pepper, beat fine; make force-meat with ſome of your veal, beef ſuet, oyſters chopped, ſweet herbs ſhred fine, and the aforeſaid ſpice; ſtrew all theſe over your collops, roll and tie them up, put them on ſkewers, tie them to a ſpit, and roaſt them; to the reſt of your force-meat add a raw egg or two, roll them in balls and fry them; put them in your diſh with your meat when roaſted, and make the ſauce with ſtrong broth, an anchovy, a ſhallot, a little white wine, and ſome ſpice. Let it ſtew, and thicken it with a piece of butter rolled in flour; pour the ſauce into a diſh, lay the meat in, and garniſh with lemon.

VEAL *Rolls.* Take ten or twelve little thin ſlices of veal, lay on them ſome force-meat according to your fancy, roll them up, and tie them juſt acroſs the middle with a coarſe thread: put them on a bird ſpit, rub them over with yolks of eggs, flour them, and baſte them with butter. Half an hour will do them. Lay them into a diſh, and have ready ſome good gravy, with

with a few truffles and morels, and ſome muſhrooms. Garniſh with lemon.

VEGETABLES.—See the ways of dreſſing under their reſpective heads.

VENISON.

To roaſt VENISON. In order to roaſt a haunch or veniſon properly, as ſoon as you have ſpitted it, you muſt lay over it a large ſheet of paper, and then a thin common paſte, with another paper over that; tie it faſt, in order to keep the paſte from dropping off; and if the haunch be a large one, it will take four hours roaſting. As ſoon as it is done enough, take off both paper and paſte, dredge it well with flour, and baſte it with butter; as ſoon as it becomes of a light brown, diſh it up with brown gravy or currant jelly ſauce, and ſend up ſome in a boat.

Another way to roaſt VENISON. Take a haunch of veniſon and ſpit it; rub ſome butter all over your haunch; take four ſheets of paper well buttered, put two on the haunch; then make a paſte with ſome flour, a little butter and water; roll it out half as big as your haunch, and put it over the fat part; then put the other two ſheets of paper on, and tie them with the ſame packthread; lay it to a briſk fire, and baſte it well all the time of roaſting; if a large haunch of twenty-four pounds, it will take three hours and a half,

except it is a very large fire, then three hours will do it; ſmaller in proportion.

A VENISON *Paſty.* Take a neck and breaſt of veniſon, bone them, and ſeaſon them well with pepper and ſalt, put them into a deep pan, with the beſt part of a neck of mutton ſliced and laid over them; pour in a glaſs of red wine, put a coarſe paſte over it, and bake it two hours in an oven; then lay the veniſon in a diſh, and pour the gravy over it, and put one pound of butter over it; make a good puff-paſte, and lay it near half an inch thick round the edge of the diſh; roll out the lid, which muſt be a little thicker than the paſte on the edge of the diſh, and lay it on; then roll out another lid pretty thin, and cut in flowers, leaves, or whatever form you pleaſe, and lay it on the lid. If you do not want it, it will keep in the pot that it was baked in eight or ten days; but let the cruſt be kept on that the air may not get to it. A breaſt and a ſhoulder of veniſon is moſt proper for a paſty.

Sweet Sauce for VENISON. Melt ſome currant jelly in a little water and red wine, or ſend in currant jelly only; or ſimmer red wine and ſugar for about twenty minutes.

For different SAUCES,—ſee that article;—and alſo the article MUTTON.

VERMICELLI.—See PUDDING and PIE.

VINEGAR.

VINEGAR.

Wine vinegar is conſiderably purer than that produced from malt-liquors; and better adapted to pickling, &c. eſpecially where the colour of the article to be pickled is any object. As a medicine, it is excellent in all inflammatory and putrid diſorders, either external or internal.

The common way of making VINEGAR. Brew a middling ſort of beer, hopping it well, and when it has worked well, and grown fine, put in ſome rape or huſk of grapes; maſh them together in a tub, and when the rape has ſettled, draw off the liquid part; put it into a caſk and ſet it in the ſun as hot as may be, the bung being only covered with a tile or ſlate ſtone, and in about a month or five weeks it will be excellent vinegar.

Another very good way. To a gallon of ſpring water put three pounds of Malaga raiſins in a jar, and place them ſo that they may have the hotteſt ſun from May to Michaelmas: then preſs out the liquor, and put it up in a very ſtrong iron hooped caſk, that it may not burſt; and though it will appear very thick and muddy when newly preſſed, it will refine in the veſſel, and be as clear as wine.

Let it ſtand after it has been drawn off three months.

Another. The country people make vinegar of home brewed ale, by ſetting it in the ſun till it ſours, and then they call it alegar, but this is not ſo good as that which is made of wine.

To make VINEGAR *of Cyder.* Vinegar may be made of the meaneſt cyder; for which purpoſe the cyder muſt be drawn off as fine as may be into another veſſel, and a ſmall quantity of the muſt or pouz of apples muſt be added thereto, and let it be ſet in the ſun for a week or nine days, at the end of which you may draw it off: now if you do this, your caſk of muſt or pouz muſt be kept in a dry place, till there is occaſion to uſe it, and you muſt not uſe any of it that is muſty or mouldy.

W.

WAFERS.

This is a kind of paſtry:——Mix your flour (what quantity you judge proper) with cream in the evening; next day knead it well, clearing it from lumps, and add, finely powdered ſugar, equal in quantity with the flour; mix them well, add more cream, and a little orange flower water, till the whole is ſomewhat thicker than rich milk.

Having heated your wafer iron, rub it a few times with a bit of freſh butter in the corner of a napkin; then put in about a ſpoonful and a half of batter for each wafer, preſs the iron a little cloſe, and bake it on each ſide by turning the iron.

WALLNUTS.—See PICKLES.

WARTS.

WARTS.

To deſtroy WARTS. Steep the inner rind of a lemon twenty-four hours in diſtilled vinegar, and apply it to the warts; it muſt not be left on the part above three hours at a time, and is to be applied freſh every day.

Or, Divide a red onion, and rub the warts well with it.

Or, Anoint the warts with the milky juice of the herb Mercury ſeveral times, and they will gradually waſte away.

WATERS.

It was our intention to have entered very largely into the article of *diſtilled waters*, eſpecially thoſe *cordial* ones adapted to the cloſet;—but upon accurate inquiry we found that they can never be made to perfection in *ſmall* quantities; and in large ones it would require an apparatus, with a degree of expence and trouble improper for private families, ſetting aſide the inconveniences that litigious people might occaſion. Such articles will therefore be obtained beſt from chymiſts and diſtillers of repute.

WHEY.

White-wine WHEY. Put a pint of ſkimmed milk, and half a pint of white wine into a baſon. Let it ſtand a few minutes, then pour over it a pint of boiling water; let it ſtand a little, and the curd will gather in a lump, and ſettle to the bottom; then pour your whey into a china bowl, and put in a lump of ſugar, a ſprig of balm, or a ſlice of lemon.

WHITINGS---to dreſs, ſee HADDOCKS, &c.

OF WIND, OR FLATULENCE.

All nervous patients, without exception, are afflicted with wind or flatulencies in the ſtomach and bowels, which ariſe chiefly from the want of tone or vigour in theſe organs. Vegetable food may increaſe this complaint; but ſtrong and healthy people are ſeldom troubled with wind, unleſs they either overload their ſtomachs, or drink liquors that are in a fermenting ſtate.

To relieve this complaint, ſuch medicines ought to be uſed as have a tendency to expel wind, and, by ſtrengthening the alimentary canal, to prevent its being produced there.

The liſt of medicines for expelling wind is very numerous; they often however diſappoint the expectations of both the phyſician and his patient. The moſt celebrated among the claſs of carminatives are juniper-berries; the roots of ginger and zedoary; the ſeeds of aniſe, carraway, and coriander, gum, aſafœtidà, and opium; the warm waters, tinctures, and ſpirits.

No medicines are more efficacious, in expelling wind, than æther and laudanum. The laudanum to be taken in a mixture with pepper-mint water and tincture of caſtor, or ſweet ſpirits of nitre. Sometimes, in place of this, opium pills with aſafœtida. The good effects of opiates are equally conſpicuous, whether the flatulence be contained in the ſtomach or inteſtines; whereas theſe warm medicines, commonly called *carminatives*

minatives, do not often give immediate relief, except when the wind is in the ſtomach.

The doſe of æther is a tea-ſpoonful mixed with two table ſpoonfuls of water. Though the patient may begin with this quantity, it will be neceſſary to increaſe the doſe gradually as the ſtomach can bear it. Æther is now given in conſiderably greater doſes.

When the caſe of flatulent patients is ſuch as makes it improper to give them warm medicines inwardly, external applications, are ſometimes of advantage. Equal parts of anti-hyſteric and ſtomach-plaſter may be ſpread upon a piece of ſoft leather, of ſuch ſize as to cover the greateſt part of the belly; this ſhould be kept on for a conſiderable time, provided the patient be able to bear it; if it ſhould give great uneaſineſs, it may be taken off, and the following ointment be uſed in its ſtead:

Take of Bate's anodyne balſam an ounce; of the expreſſed oil of mace, half an ounce; oil of mint, two drams. Let theſe ingredients be mixed together, and about a table-ſpoonful well rubbed on the parts at bed-time.

For ſtrengthening the ſtomach and bowels, and conſequently for leſſening the production of flatulence, the Peruvian bark, bitters, chalybeates, and exerciſe are neceſſary. In flatulent caſes, ſome nutmeg or ginger ſhould be added to the tincture of the bark and bitters, and the aromatic powder ſhould be joined with the filings of iron.

When windy complaints are attended with coſtiveneſs, which is often the caſe, few things will be found

to

to anſwer better than four or five of the following pills taken every night at bed-time:

Take of aſafœtida two drams; ſuccotrine aloes, ſalt of iron, and powdered ginger, of each one dram; as much of the *elixir proprietatis* as will be ſufficient to form them into pills.

On the other hand, when the body is too open, twelve or fifteen grains of rhubarb, with half a dram, or two ſcruples of the Japonic confection, given every other evening will have very good effects.

In thoſe flatulent complaints which come on about the time the *menſes* ceaſe, repeated ſmall bleedings often give more relief than any other remedy.

With regard to diet, tea, and likewiſe all flatulent aliments, are to be avoided; and for drink, water with a little brandy or rum is not only preferable to malt liquor, but, in moſt caſes, alſo to wine.

Exerciſe is, however, ſuperior to all medicine, both for preventing the production, and likewiſe for expelling of flatulencies. Theſe effects, however, are not to be expected from ſauntering about, or lolling in a carriage, but from labouring, or ſuch active amuſements as give exerciſe to every part of the body.

Perſons afflicted with flatulency are generally unhappy unleſs they be taking ſome purgative medicines; theſe, though they may give immediate eaſe, tend to weaken and relax the ſtomach and bowels, and conſequently increaſe the diſorder. Their beſt method is to mix purgatives and ſtomachics together. Equal parts of Peruvian bark and rhubarb may be infuſed in brandy or wine, and taken in ſuch quantity as to keep the body gently open.

WINES.

Raiſin WINE. Put two hundred weight of raiſins, ſtalks and all, into a large hogſhead; fill it with water, let them ſteep a fortnight, ſtirring them every day; then pour off the liquor, and preſs the raiſins. Put both liquors together in a nice clean veſſel that will juſt hold it, for it muſt be full; let it ſtand till it has done hiſſing, or making the leaſt noiſe, then ſtop it cloſe, and let it ſtand ſix months. Peg it, and if you find it quite clear, rack it off in another veſſel; ſtop it cloſe, and let it ſtand three months longer; then bottle it, and when you uſe it, rack it off into a decanter.

Another way. Take three hundred and a half of Malaga raiſins, ſixty-ſix gallons of water, in a large tub with a falſe bottom; let them ſtand for twenty-two or twenty-three days, ſtirring them once or twice a day; then draw them off into a clean hogſhead, and let them work as long as they will, filling the hogſhead full every day for five or ſix months; then rack the liquor into another caſk, and put to it two gallons of brandy.

Another way. Boil ten gallons of ſpring water an hour, but as ſoon as it is milk warm, add ſix pounds of Malaga raiſins, clean picked and half chopped, to every gallon; ſtir it up together twice a day for nine or ten days, then run it through a hair ſieve, and ſqueeze the raiſins well with your hands, and put the liquor in your barrel; bung it cloſe up, let it ſtand three months, and then bottle it off.

Elder WINE. Pick your elder-berries when they are full ripe, put them in a ſtone jar, and ſet them in the oven, or in a kettle of boiling water till the jar is hot through; then take them out, and ſtrain them through a coarſe ſieve, wringing the berries, and put the juice into a clean kettle. To every quart of juice, put a pound of fine Liſbon ſugar, let it boil, and ſkim it well; when it is clean and fine, pour it into a jar; when cold, cover it cloſe, and keep it till you make raiſin wine; then, when you tun your wine, to every gallon of wine put half a pint of elder ſyrup.

Another way. Chop ſixteen pounds of Malaga raiſins very ſmall; take ſix pounds of powder ſugar, and five gallons of water; boil them all together a quarter of an hour, then pour the liquor boiling hot upon the raiſins; ſtir them well together, and let them ſtand ten days, ſtirring it well every day; then ſtrain the liquor, and preſs out the raiſins; add to each gallon a pint of the pure juice of elder-berries; put to it a very little ale-yeaſt ſpread on a bit of toaſt, juſt enough to make it move, not to work up; let it ſtand two or three days to ferment, then tun it up into a veſſel, but let it not be full, that there may be room for it to work; ſtop it cloſe, let it ſtand to be thoroughly fine, and then bottle it.

Elder-flower WINE. Take the flowers of elder, but carefully reject the ſtalks. To every quart of flowers put a gallon of water, and three pounds of loaf ſugar; boil the water and ſugar a quarter of an hour, then pour it on the flowers, and let it work three days; then ſtrain the wine through a hair ſieve, and put it into a caſk. To every ten gallons of wine, add an

ounce

ounce of iſinglaſs diſſolved in cyder, and ſix whole eggs. Cloſe it up, let it ſtand ſix months, and then bottle it.

To make Elder-flower WINE, *very like Frontiniac.* Take ſix gallons of ſpring-water, twelve pounds of white ſugar, ſix pounds of raiſins of the ſun chopped; boil theſe together one hour, then take the flowers of elder, when they are falling, and rub them off to the quantity of half a peck. When the liquor is cold, put them in, the next day put in the juice of three lemons, and four ſpoonfuls of good ale-yeaſt: let it ſtand covered up two days, then ſtrain it off, and put it in a veſſel fit for it. To every gallon of wine put a quart of Rheniſh, and put your bung lightly on a fortnight, then ſtop it down cloſe. Let it ſtand ſix months; and if it be fine, bottle it off.

Smyrna Raiſin WINE. Put twenty-four gallons of water to an hundred pounds of raiſins; after letting it ſtand about fourteen days, put it into your caſk; when it has remained there ſix months, put a gallon of brandy to it: when it is fine, bottle it.

Grape WINE. Put a gallon of grapes to a gallon of water; bruiſe the grapes, and let them ſtand a week without ſtirring, then draw it off fine. Put to a gallon of wine, three pounds of ſugar, and then put it in a veſſel, but do not ſtop it till it is done hiſſing.

Raſpberry WINE. Bruiſe ſome raſpberries with the back of a ſpoon, and ſtrain them through a flannel bag into a ſtone jar. Put a pound of double-refined ſugar to every quart of juice, ſtir it well together, and cover it cloſe; after letting it ſtand three days, pour it clear off. Put two quarts of white wine to one quart

of juice, then bottle it off, and it will be fit to drink in about a week. Raſpberry-brandy made thus is a very excellent dram.

Orange WINE. Take twelve pounds of the beſt powder ſugar, with the whites of eight or ten eggs well beaten, into ſix gallons of ſpring water, and boil three quarters of an hour; when it is cold, put into it ſix ſpoonfuls of yeaſt, and alſo the juice of twelve lemons, which being pared muſt ſtand with two pounds of white ſugar in a tankard, and in the morning ſkim off the top, and then put it into the water; then add the juice and rinds of fifty oranges, but not the white parts of the rinds, and ſo let it work all together two days and two nights; then add two quarts of Rheniſh or white wine, and put it into your veſſel.

Orange WINE *with Raiſins.* Take thirty pounds of Malaga raiſins picked clean, chop them ſmall; you muſt have twenty large Seville oranges, ten of them you muſt pare as thin as for preſerving; boil about eight gallons of ſoft water till a third part be conſumed, let it cool a little, then put five gallons of it hot upon your raiſins and orange-peel; ſtir it well together, cover it up, and when it is cold, let it ſtand five days, ſtirring it once or twice a day, then paſs it through a hair-ſieve, and with a ſpoon preſs it as dry as you can, put it in a rundlet fit for it, and put to it the rind of the other ten oranges, cut as thin as the firſt; then make a ſyrup of the juice of twenty oranges, with a pound of white ſugar. It muſt be made the day before you tun it up; ſtir it well together, and ſtop it cloſe; let it ſtand two months to clear, then bottle it up. It will keep three years, and is better for keeping.

To

To make Gooſeberry WINE. Gather your gooſeberries in dry weather, when they are half ripe, pick them, and bruiſe a peck in a tub, with a wooden mallet; then take a horſe-hair cloth, and preſs them as much as poſſible, without breaking the ſeeds. When you have preſſed out all the juice, to every gallon of gooſeberries put three pounds of fine dry powder ſugar; ſtir it all together till the ſugar is all diſſolved, then put it in a veſſel or caſk, which muſt be quite full. If ten or twelve gallons, let it ſtand a fortnight; if a twenty gallon caſk, let it ſtand five weeks. Set it in a cool place, then draw it off from the lees, clear the veſſel of the lees and pour in the clear liquor again. If it be a ten gallon caſk, let it ſtand three months; if a twenty gallon, four or five months, then bottle it off.

Another way. Put three pounds of lump ſugar to a gallon of water, boil it a quarter of an hour, and ſkim it very well, then let it ſtand till it is almoſt cold, and take four quarts of full-ripe gooſeberries, bruiſe them in a marble mortar, and put them in your veſſel; then pour in the liquor, and let it ſtand two days, and ſtir it every four hours; ſteep half an ounce of iſinglaſs two days in a pint of brandy, ſtrain the wine through a flannel-bag into the caſk, then beat the iſinglaſs in a marble mortar with five whites of eggs; then whiſk them together half an hour, and put it in the wine, and beat them all together; cloſe up your caſk, and put clay over it; let it ſtand ſix months, then bottle it off for uſe; put in each bottle a lump of ſugar, and two raiſins of the ſun. This is a very rich wine, and when it has been kept in bottles two or three years, will drink like champaigne.

Turnip WINE. Pare and ſlice a quantity of turnips, and put them in a cyder-preſs, and preſs out all the juice. To every gallon of juice, allow three pounds of lump ſugar. Have a veſſel ready, large enough to hold the juice, put your ſugar into the veſſel, and half a pint of brandy to every gallon of juice. Pour in the juice, and lay ſomething over the bung for a week, to ſee if it works; if it does, you muſt not bung it down till it has done working; then ſtop it cloſe for three months, and draw it off in another veſſel: when it is fine, bottle it off.

Cowſlip WINE. Take two pounds and a half of powder ſugar, and two gallons of water; boil them half an hour, taking care to ſkim it as the ſcum riſes; then pour it into a tub to cool, adding to it the rind of two lemons; when cold, put four quarts of the flowers of cowſlips to the liquor, and the juice of two lemons. Let it ſtand in the tub two days, obſerving to ſtir it every two or three hours; then put it in the barrel, and after it has ſtood about three weeks, or a month, bottle it, not forgetting to put a lump of ſugar into each bottle.

WOODCOCKS.

To roaſt WOODCOCKS *or* SNIPES. Having put your birds on a little ſpit, take a round of a three-penny loaf and toaſt it brown; lay it in a diſh under the birds, and when you lay them down to the fire, baſte them with a little butter, and let the trail drop on the toaſt. When they are roaſted enough, put the toaſt

weeks, it may be filtered; about half a wine glaſs of it taken twice a-day: or prepared ſteel may be taken in the doſe of half a dram, mixed with a little honey, or treacle, three or four times a-day. The bark, and other bitters, may either be taken in ſubſtance, or infuſion, as is moſt agreeable to the patient.

But the menſtrual flux may be too great, as well as too ſmall: when this happens, the patient becomes weak, the colour pale, the appetite and digeſtion are bad, and œdematous ſwellings of the feet, dropſies, and conſumptions enſue. This frequently happens to women about the age of forty-five or fifty, and is very difficult to cure. It may proceed from a ſedentary life, a full diet, conſiſting chiefly of ſalted, high-ſeaſoned, or acrid food; the uſe of ſpirituous liquors; exceſſive fatigue; relaxation; a diſſolved ſtate of the blood; violent paſſions of the mind, &c.

The treatment of this diſeaſe muſt be varied according to its cauſe. When it is occaſioned by any error in the patient's regimen, an oppoſite courſe to that which induced the diſorder muſt be purſued, and ſuch medicines taken as have a tendency to reſtrain the flux, and counteract the morbid affections of the ſyſtem from whence it proceeds.

WORMS.

In general, the moſt proper medicines for the expulſion of worms are ſtrong purgatives; and to prevent their breeding, ſtomachic bitters, with now and then a glaſs of good wine.

R M S.

The beſt p[illegible] is jalap [illegible]
and-twenty or [illegible] the form[illegible]
of the latter, m[illegible]up, may [illegible]
the morning, for a doſe. It may be [illegible]
that the patient keep the houſe all day, and drin[illegible]
thing cold. The doſe may be repeated once or twice a-week, for a fortnight or three weeks. On the intermediate days, the patient may take a dram of the powder of tin, twice or thrice a-day, mixed with ſyrup, honey, or treacle.

Thoſe who do not chuſe to take calomel, may make uſe of the bitter purgatives; as aloes, hiera picra, tincture of ſenna, and rhubarb, &c.

FINIS.